

**82%**
HEALTH SCORE

Mediterranean Salmon



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



30 min.

SERVINGS



4

CALORIES



313 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 2 tablespoons capers undrained
- ☐ 2 cups cherry tomatoes halved
- ☐ 1 tablespoon olive oil
- ☐ 2.3 ounce olives ripe drained sliced canned
- ☐ 24 ounce salmon fillet skinless
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup zucchini finely chopped

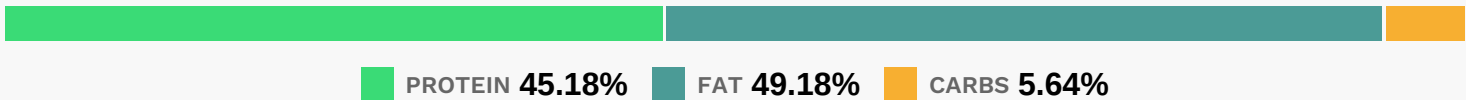
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 42
- ☐ Sprinkle salt and pepper over both sides of fish.
- ☐ Place fish in a single layer in an 11- x 7-inch baking dish coated with cooking spray.
- ☐ Combine tomatoes and remaining ingredients in a bowl; spoon mixture over fish.
- ☐ Bake at 425 for 22 minutes.

Nutrition Facts



Properties

Glycemic Index:11.75, Glycemic Load:0.06, Inflammation Score:-7, Nutrition Score:27.516521847766%

Flavonoids

Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 5.26mg, Kaempferol: 5.26mg, Kaempferol: 5.26mg, Kaempferol: 5.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.53mg, Quercetin: 7.53mg, Quercetin: 7.53mg, Quercetin: 7.53mg

Nutrients (% of daily need)

Calories: 312.88kcal (15.64%), Fat: 16.89g (25.99%), Saturated Fat: 2.51g (15.69%), Carbohydrates: 4.36g (1.45%), Net Carbohydrates: 2.99g (1.09%), Sugar: 2.35g (2.61%), Cholesterol: 93.55mg (31.18%), Sodium: 589.24mg (25.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.91g (69.83%), Vitamin B12: 5.41µg (90.15%), Selenium: 62.69µg (89.55%), Vitamin B6: 1.48mg (74.09%), Vitamin B3: 13.9mg (69.51%), Vitamin B2: 0.68mg (40.25%), Phosphorus: 368.18mg (36.82%), Potassium: 1046.36mg (29.9%), Vitamin B5: 2.96mg (29.65%), Vitamin B1: 0.42mg (28.16%), Copper: 0.53mg (26.26%), Vitamin C: 19.93mg (24.16%), Magnesium: 62.11mg (15.53%), Folate: 57.35µg (14.34%), Iron: 2.1mg (11.68%), Vitamin A: 532.22IU (10.64%), Vitamin E: 1.58mg (10.56%), Zinc: 1.26mg (8.42%), Manganese: 0.15mg (7.62%), Vitamin K: 6.27µg (5.97%), Fiber: 1.36g (5.45%), Calcium: 41.66mg (4.17%)