

DINNER

Mediterranean Salmon

6 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
30 min	8 min	22 min	4	\$4.81	313 kcal



If you want to add more gluten free, dairy free, paleolithic, and primal recipes to your recipe box, Mediterranean Salmon might be a recipe you should try. One portion of this dish contains about 35g of protein, 17g of fat, and a total of 313 calories.

Ingredients

- ☐ ¼ teaspoon black pepper
- ☐ 2 cups cherry tomatoes, halved
- ☐ 2¾ ounce sliced ripe olives, drained
canned
- ☐ ¼ teaspoon salt
- ☐ 2 tablespoons capers, undrained
- ☐ 1 tablespoon olive oil
- ☐ 24 ounce skinless salmon fillets (about 1 inch
thick)
- ☐ ½ cup finely chopped zucchini

EQUIPMENT Bowl, Oven, Baking pan

Method

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

Nutrition per serving

313

KCAL

35 g

PROTEIN

17 g

FAT

4 g

CARBS

Saturated Fat	2.5 g · 16% of daily needs
Fibre	1.4 g · 5% of daily needs
Sugar	2.4 g · 3% of daily needs
Sodium	589 mg · 26% of daily needs
Cholesterol	93.6 mg · 31% of daily needs
Vitamin C	19.9 mg · 24% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/mediterranean-salmon-148458