



Mediterranean-style Whole Roasted Salmon with Fennel



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



567 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 0.5 cup wine dry white
- ☐ 2 fennel bulb trimmed sliced (reserve any fronds)
- ☐ 1 teaspoon fennel seeds
- ☐ 2 garlic clove minced
- ☐ 2 leek trimmed sliced
- ☐ 3 tablespoons olive oil

- ☐ 3 rosemary leaves fresh
- ☐ 4 pound salmon whole cleaned
- ☐ 0.5 teaspoon sea salt
- ☐ 1 pound tomatoes cut into wedges

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Position rack in center of oven, and preheat oven to 425
- ☐ Pat fish dry; make several diagonal cuts in thickest part of the fish on both sides. Scatter sliced fennel bulbs, leeks, and tomatoes in a baking pan lightly coated with cooking spray.
- ☐ In a small bowl, whisk together olive oil, garlic, salt, and pepper.
- ☐ Brush fish inside and out with half the seasoned oil, then sprinkle remaining seasoned oil over vegetables.
- ☐ Lay fish on top of vegetables, and sprinkle fish inside and out with fennel seeds. Tuck 1 rosemary sprig into cavity of fish.
- ☐ Place remaining 2 rosemary sprigs in vegetables. Reserve a couple of fennel fronds for garnish, then coarsely chop remaining fronds and stuff them into the cavity.
- ☐ Pour wine over fish, and cover pan loosely with aluminum foil.
- ☐ Bake at 425 for 30 minutes.
- ☐ Remove foil, and bake, uncovered, 10 to 15 minutes or until fish is just cooked through.
- ☐ Transfer fish to a large serving platter, and surround with cooked vegetables.
- ☐ Garnish with remaining fennel fronds.

Nutrition Facts

 **PROTEIN 45.69%**  **FAT 44.03%**  **CARBS 10.28%**

Properties

Glycemic Index:32, Glycemic Load:3.6, Inflammation Score:-9, Nutrition Score:45.12956511456%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Eriodictyol: 0.84mg, Eriodictyol: 0.84mg, Eriodictyol: 0.84mg, Eriodictyol: 0.84mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.71mg, Naringenin: 0.71mg, Naringenin: 0.71mg, Naringenin: 0.71mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.86mg, Kaempferol: 0.86mg, Kaempferol: 0.86mg, Kaempferol: 0.86mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 566.96kcal (28.35%), Fat: 26.65g (41.01%), Saturated Fat: 4.05g (25.33%), Carbohydrates: 14g (4.67%), Net Carbohydrates: 9.91g (3.6%), Sugar: 6.41g (7.13%), Cholesterol: 166.32mg (55.44%), Sodium: 378.86mg (16.47%), Alcohol: 2.06g (100%), Alcohol %: 0.51% (100%), Protein: 62.22g (124.45%), Vitamin B12: 9.62µg (160.27%), Selenium: 111.38µg (159.12%), Vitamin B6: 2.67mg (133.28%), Vitamin B3: 24.89mg (124.44%), Vitamin B2: 1.2mg (70.79%), Vitamin K: 73.28µg (69.79%), Phosphorus: 679.47mg (67.95%), Potassium: 2065.08mg (59%), Vitamin B5: 5.34mg (53.41%), Vitamin B1: 0.74mg (49.44%), Copper: 0.9mg (44.86%), Folate: 127.77µg (31.94%), Magnesium: 121.64mg (30.41%), Vitamin C: 23.77mg (28.81%), Vitamin A: 1365.15IU (27.3%), Manganese: 0.5mg (24.94%), Iron: 4.03mg (22.37%), Fiber: 4.09g (16.38%), Zinc: 2.31mg (15.39%), Vitamin E: 2.14mg (14.29%), Calcium: 109.13mg (10.91%)