



HEALTH SCORE

100%

Moroccan Salmon



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



303 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



0.3 teaspoon pepper black freshly ground



0.5 cup parsley fresh chopped



2 garlic cloves minced



0.3 teaspoon garlic powder



1.5 cups bell pepper green thinly sliced (1 medium)



0.3 teaspoon ground cumin



0.3 teaspoon ground ginger



0.3 teaspoon ground pepper red

- ☐ 1 optional: lemon
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 2 teaspoons olive oil
- ☐ 1 large plum tomatoes
- ☐ 1.5 cups bell pepper red thinly sliced (1 medium)
- ☐ 24 ounce salmon fillet ()
- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons water

Equipment

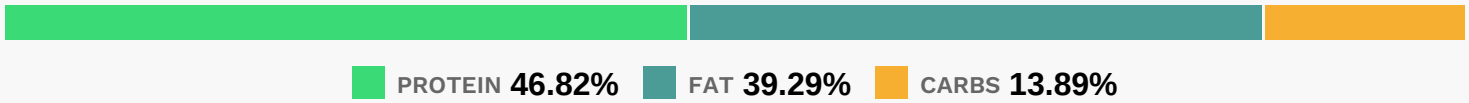
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 40
- ☐ Combine first 10 ingredients in a large bowl.
- ☐ Add salmon, turning to coat. Cover and let stand 15 minutes.
- ☐ Remove salmon from bowl, reserving marinade.
- ☐ Place the salmon, skin side down, in a 13 x 9-inch baking dish coated with cooking spray.
- ☐ Cut lemon in half lengthwise; cut 1 lemon half crosswise into 1/8-inch-thick slices. Reserve remaining lemon half for another use.
- ☐ Add the lemon slices, red and green bell pepper slices, 2 tablespoons water, and tomato slices to marinade; stir gently to coat. Arrange lemon mixture in an even layer over salmon; cover with foil.
- ☐ Bake at 400 for 20 minutes or until fish flakes easily when tested with a fork or until desired degree of doneness.

Place 1 fillet on each of 4 plates. Top each serving with about 1/2 cup lemon mixture, and drizzle each serving with about 2 1/2 tablespoons pan juices.

Nutrition Facts



Properties

Glycemic Index:60.38, Glycemic Load:1.72, Inflammation Score:-10, Nutrition Score:39.53869595735%

Flavonoids

Eriodictyol: 5.83mg, Eriodictyol: 5.83mg, Eriodictyol: 5.83mg, Eriodictyol: 5.83mg Hesperetin: 7.71mg, Hesperetin: 7.71mg, Hesperetin: 7.71mg, Hesperetin: 7.71mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg Luteolin: 3.57mg, Luteolin: 3.57mg, Luteolin: 3.57mg, Luteolin: 3.57mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 1.29mg, Myricetin: 1.29mg, Myricetin: 1.29mg, Myricetin: 1.29mg Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg

Nutrients (% of daily need)

Calories: 302.97kcal (15.15%), Fat: 13.29g (20.44%), Saturated Fat: 2.05g (12.8%), Carbohydrates: 10.57g (3.52%), Net Carbohydrates: 7.11g (2.59%), Sugar: 4.91g (5.45%), Cholesterol: 93.55mg (31.18%), Sodium: 376.06mg (16.35%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 35.63g (71.26%), Vitamin C: 143.91mg (174.44%), Vitamin K: 132.64µg (126.32%), Vitamin B12: 5.41µg (90.15%), Selenium: 62.61µg (89.44%), Vitamin B6: 1.75mg (87.35%), Vitamin B3: 14.45mg (72.23%), Vitamin A: 2845.61IU (56.91%), Vitamin B2: 0.73mg (42.9%), Phosphorus: 382.86mg (38.29%), Potassium: 1182.38mg (33.78%), Vitamin B5: 3.17mg (31.72%), Vitamin B1: 0.47mg (31.66%), Copper: 0.51mg (25.64%), Folate: 91.07µg (22.77%), Magnesium: 71.04mg (17.76%), Iron: 2.64mg (14.67%), Manganese: 0.29mg (14.39%), Fiber: 3.46g (13.85%), Vitamin E: 1.61mg (10.7%), Zinc: 1.46mg (9.76%), Calcium: 54.24mg (5.42%)