



HEALTH SCORE

81%

Oven-Poached Salmon with Vegetables



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



294 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



0.3 teaspoon pepper black freshly ground



0.3 cup julienne-cut carrot



0.7 cup cooking wine dry white



0.7 cup less-sodium chicken broth fat-free



0.5 cup fennel bulb thinly sliced 1 small bulb



1 garlic clove minced



0.5 cup bell pepper diced green



0.5 cup bell pepper diced red

- ☐ 24 ounce salmon fillet
- ☐ 0.5 teaspoon salt
- ☐ 6 thyme sprigs

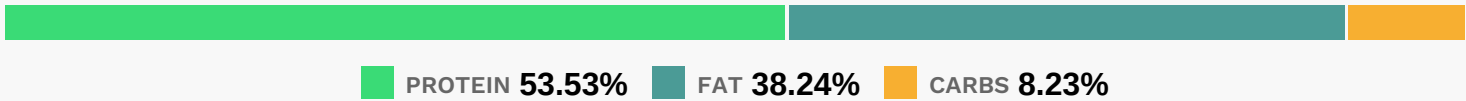
Equipment

- ☐ frying pan
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 32
- ☐ Combine first 5 ingredients in a large skillet; bring to a simmer over low heat. Cover and cook 5 minutes. Stir in wine and bell peppers. Cook 1 minute; remove from heat.
- ☐ Sprinkle fillets with salt and black pepper.
- ☐ Place fillets, skin sides up, over vegetable mixture in pan. Cover with lid; wrap handle with foil.
- ☐ Bake at 325 for 15 minutes or until fish flakes easily when tested with a fork. Discard skin and thyme sprigs. Arrange fillets and fennel mixture on individual plates; drizzle with cooking liquid.

Nutrition Facts



Properties

Glycemic Index:63.96, Glycemic Load:1.06, Inflammation Score:-10, Nutrition Score:30.386087210282%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 1.68mg, Luteolin: 1.68mg, Luteolin: 1.68mg, Luteolin: 1.68mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg

Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 294.02kcal (14.7%), Fat: 11.01g (16.94%), Saturated Fat: 1.71g (10.7%), Carbohydrates: 5.34g (1.78%), Net Carbohydrates: 3.81g (1.39%), Sugar: 2.48g (2.76%), Cholesterol: 93.55mg (31.18%), Sodium: 535.03mg (23.26%), Alcohol: 4.12g (100%), Alcohol %: 1.7% (100%), Protein: 34.68g (69.35%), Vitamin B12: 5.48µg (91.41%), Selenium: 63.17µg (90.25%), Vitamin B6: 1.54mg (77.18%), Vitamin B3: 14.08mg (70.39%), Vitamin C: 43.23mg (52.4%), Vitamin A: 2143.17IU (42.86%), Vitamin B2: 0.7mg (41.04%), Phosphorus: 371.3mg (37.13%), Vitamin B5: 3.03mg (30.31%), Potassium: 1029.6mg (29.42%), Vitamin B1: 0.42mg (27.9%), Copper: 0.47mg (23.64%), Magnesium: 63.42mg (15.86%), Folate: 58.91µg (14.73%), Iron: 2.06mg (11.43%), Manganese: 0.21mg (10.45%), Vitamin K: 10.55µg (10.05%), Zinc: 1.29mg (8.63%), Fiber: 1.53g (6.11%), Calcium: 44.83mg (4.48%), Vitamin E: 0.48mg (3.21%)