



Oven-Roasted Salmon, Asparagus and New Potatoes



Gluten Free



Dairy Free



Very Healthy



Popular

READY IN



42 min.

SERVINGS



4

CALORIES



331 kcal

SIDE DISH

Ingredients

- ☐ 0.5 pound asparagus trimmed sliced
- ☐ 1 Tbsp optional: dill fresh chopped
- ☐ 1 small garlic clove coarsely chopped
- ☐ 1 optional: lemon cut into large wedges
- ☐ 1 strip lemon zest
- ☐ 1 pound new potatoes scrubbed halved
- ☐ 2 Tbsp olive oil

- ☐ 4 servings pepper freshly ground
- ☐ 16 ounce salmon fillet cut
- ☐ 0.5 teaspoon salt

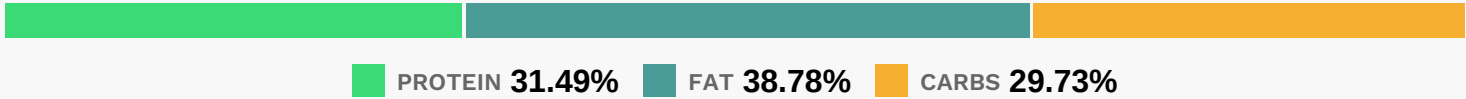
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 400°F. In a large, shallow baking dish (not glass, as it might break in an oven that hot) coat the potatoes with olive oil and salt. Arrange the potatoes, cut side down, in the baking dish and roast for 10–12 minutes, until the potatoes begin to brown on the bottom. Turn the potatoes over and roast another 10 minutes until browned on top.
- ☐ Remove the baking dish from the oven.2 In a medium bowl, toss the asparagus with the chopped dill, lemon zest, garlic, salt and a little olive oil.
- ☐ Add the asparagus mixture to the potatoes and stir to combine.3 Push the vegetables to the side of the dish to make room for the salmon. If you are using fillets, put them skin side down. Salt the salmon well and return the baking dish to the oven. Roast the salmon and asparagus for 10 minutes, or until the fish is just cooked through.If you want, remove the skin and center bones (if you are using steaks), and arrange on individual plates before serving.
- ☐ Garnish with fresh dill and lemon wedges.

Nutrition Facts



Properties

Glycemic Index:54.56, Glycemic Load:15.36, Inflammation Score:-7, Nutrition Score:27.173043251038%

Flavonoids

Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.52mg,

Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg Isorhamnetin: 3.28mg, Isorhamnetin: 3.28mg, Isorhamnetin: 3.28mg, Isorhamnetin: 3.28mg Kaempferol: 1.72mg, Kaempferol: 1.72mg, Kaempferol: 1.72mg, Kaempferol: 1.72mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 9.1mg, Quercetin: 9.1mg, Quercetin: 9.1mg, Quercetin: 9.1mg

Nutrients (% of daily need)

Calories: 331.04kcal (16.55%), Fat: 14.45g (22.23%), Saturated Fat: 2.14g (13.4%), Carbohydrates: 24.93g (8.31%), Net Carbohydrates: 20.39g (7.41%), Sugar: 2.65g (2.95%), Cholesterol: 62.37mg (20.79%), Sodium: 349.44mg (15.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.4g (52.8%), Vitamin B6: 1.35mg (67.3%), Selenium: 43.26µg (61.8%), Vitamin B12: 3.61µg (60.1%), Vitamin B3: 10.7mg (53.5%), Vitamin C: 40.79mg (49.44%), Potassium: 1190.85mg (34.02%), Phosphorus: 326.67mg (32.67%), Vitamin B2: 0.55mg (32.6%), Vitamin B1: 0.44mg (29.39%), Vitamin K: 30.13µg (28.7%), Copper: 0.53mg (26.38%), Vitamin B5: 2.44mg (24.37%), Folate: 79.2µg (19.8%), Fiber: 4.54g (18.15%), Iron: 3.24mg (18.01%), Magnesium: 69.56mg (17.39%), Manganese: 0.32mg (15.83%), Vitamin E: 1.7mg (11.36%), Vitamin A: 490.79IU (9.82%), Zinc: 1.39mg (9.27%), Calcium: 50.77mg (5.08%)