



Oven-Roasted Salmon for Two

READY IN



30 min.

SERVINGS



30

CALORIES



40 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 lb angel hair pasta uncooked
- 2 cups broccoli florets
- 1 tsp grey poupon dijon mustard
- 0.5 tsp dill weed
- 2 cloves garlic minced
- 1 tsp juice of lemon
- 1 Tbsp real mayo mayonnaise kraft
- 1.5 Tbsp olive oil
- 2 Tbsp parmesan cheese grated kraft

- 5 ritz crackers crushed finely
- 0.5 lb salmon fillet skinless

Equipment

- sauce pan
- oven
- colander

Directions

- Heat oven to 400F.
- Mix mayo, mustard and dill until blended.
- Place fish in shallow ovenproof dish; drizzle with lemon juice.
- Spread with mayo mixture; sprinkle with cracker crumbs.
- Bake 12 to 14 min. or until fish flakes easily with fork. Meanwhile, cook pasta in large saucepan as directed on package, omitting salt and adding broccoli to the boiling water for the last 2 min.
- Drain pasta mixture in colander, reserving 2 Tbsp. of the cooking water.
- Heat oil in same saucepan on medium heat.
- Add garlic; cook and stir 1 min.
- Add pasta mixture and reserved cooking water; toss to coat. Top with cheese.
- Serve with fish.

Nutrition Facts



Properties

Glycemic Index:6.7, Glycemic Load:1.23, Inflammation Score:-1, Nutrition Score:2.5508695641614%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin:

0.05mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 40.44kcal (2.02%), Fat: 1.82g (2.8%), Saturated Fat: 0.32g (2.01%), Carbohydrates: 3.67g (1.22%), Net Carbohydrates: 3.37g (1.23%), Sugar: 0.26g (0.28%), Cholesterol: 4.64mg (1.55%), Sodium: 20.6mg (0.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.32g (4.65%), Selenium: 5.54µg (7.91%), Vitamin K: 7.62µg (7.26%), Vitamin C: 5.54mg (6.72%), Vitamin B12: 0.25µg (4.09%), Vitamin B6: 0.08mg (4.06%), Vitamin B3: 0.72mg (3.62%), Phosphorus: 30.34mg (3.03%), Manganese: 0.06mg (2.79%), Vitamin B2: 0.04mg (2.41%), Potassium: 67.19mg (1.92%), Vitamin B1: 0.03mg (1.86%), Vitamin B5: 0.18mg (1.82%), Copper: 0.03mg (1.72%), Folate: 6.85µg (1.71%), Magnesium: 5.83mg (1.46%), Vitamin E: 0.19mg (1.25%), Fiber: 0.3g (1.21%), Iron: 0.19mg (1.05%)