



Parchment Baked Salmon



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



40 min.

SERVINGS



2

CALORIES



178 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup basil leaves chopped
- ☐ 2 servings salt and ground pepper black to taste
- ☐ 1 optional: lemon thinly sliced
- ☐ 8 ounce salmon fillet

Equipment

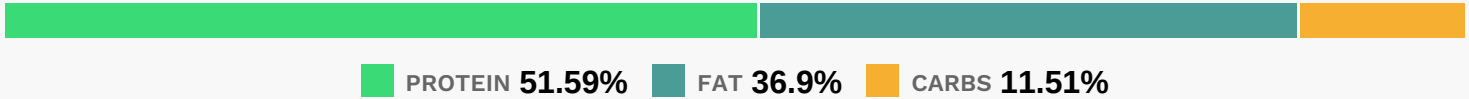
- ☐ baking sheet
- ☐ baking paper
- ☐ oven

- ☐ knife
- ☐ kitchen thermometer

Directions

- ☐ Place an oven rack in the lowest position in oven and preheat oven to 400 degrees F (200 degrees C).
- ☐ Place salmon fillet with skin side down in the middle of a large piece of parchment paper; season with salt and black pepper.
- ☐ Cut 2 3-inch slits into the fish with a sharp knife. Stuff chopped basil leaves into the slits. Spray fillet with cooking spray and arrange lemon slices on top.
- ☐ Fold edges of parchment paper over the fish several times to seal into an airtight packet.
- ☐ Place sealed packet onto a baking sheet.
- ☐ Bake fish on the bottom rack of oven until salmon flakes easily and meat is pink and opaque with an interior of slightly darker pink color, about 25 minutes. An instant-read meat thermometer inserted into the thickest part of the fillet should read at least 145 degrees F (65 degrees C). To serve, cut the parchment paper open and remove lemon slices before plating fish.

Nutrition Facts



Properties

Glycemic Index:63.75, Glycemic Load:0.93, Inflammation Score:-5, Nutrition Score:18.851304082767%

Flavonoids

Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Luteolin: 1.03mg, Luteolin: 1.03mg, Luteolin: 1.03mg, Luteolin: 1.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

Nutrients (% of daily need)

Calories: 177.63kcal (8.88%), Fat: 7.37g (11.34%), Saturated Fat: 1.14g (7.1%), Carbohydrates: 5.18g (1.73%), Net Carbohydrates: 3.59g (1.31%), Sugar: 1.36g (1.51%), Cholesterol: 62.37mg (20.79%), Sodium: 51.12mg (2.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.2g (46.39%), Vitamin B12: 3.61µg (60.1%), Selenium: 41.62µg

(59.46%), Vitamin B6: 0.98mg (48.79%), Vitamin B3: 9mg (44.98%), Vitamin C: 29.16mg (35.35%), Vitamin B2: 0.44mg (26.13%), Phosphorus: 237.27mg (23.73%), Vitamin B5: 2mg (19.97%), Vitamin B1: 0.28mg (18.6%), Potassium: 640.35mg (18.3%), Copper: 0.32mg (15.82%), Vitamin K: 12.61µg (12.01%), Magnesium: 39.3mg (9.82%), Folate: 36.35µg (9.09%), Iron: 1.34mg (7.42%), Fiber: 1.59g (6.34%), Zinc: 0.78mg (5.22%), Vitamin A: 216.04IU (4.32%), Manganese: 0.08mg (4.08%), Calcium: 33.4mg (3.34%)