



Pesto Salmon



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



20 min.

SERVINGS



4

CALORIES



287 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 ginger tea bags reynolds®
- ☐ 1 teaspoon salt divided ()
- ☐ 0.5 teaspoon pepper divided ()
- ☐ 1 tablespoon juice of lemon
- ☐ 24 oz salmon fillet
- ☐ 2 tablespoons basil pesto prepared
- ☐ 1 cup grape tomatoes cut in half
- ☐ 1 bell pepper yellow cut into rings

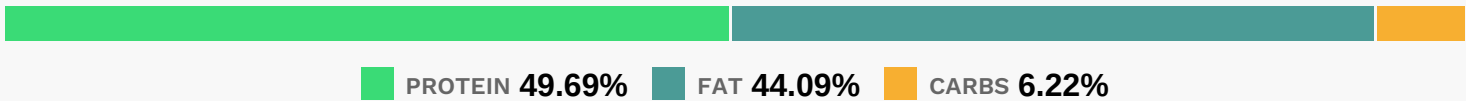
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 400°F.
- ☐ Place Reynolds® Oven Bag in 13x9x2-inch pan.
- ☐ Add flour, 1/2 teaspoon salt, 1/4 teaspoon pepper and lemon juice. Squeeze bag to blend seasonings.
- ☐ Spread pesto on salmon.
- ☐ Sprinkle with remaining salt and pepper.
- ☐ Place in oven bag in a single layer; arrange tomatoes and bell pepper strips around salmon.
- ☐ Close bag with nylon tie.
- ☐ Cut six 1/2-inch slits in top. Tuck ends of bag in pan.
- ☐ Bake 15 to 20 minutes or until salmon flakes.
- ☐ Let stand 5 minutes. Carefully cut bag open to serve.
- ☐ Garnish with fresh basil and lemon twist, if desired.

Nutrition Facts



Properties

Glycemic Index:17.5, Glycemic Load:0.41, Inflammation Score:-7, Nutrition Score:28.55173917957%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 286.75kcal (14.34%), Fat: 13.71g (21.1%), Saturated Fat: 2.17g (13.58%), Carbohydrates: 4.35g (1.45%), Net Carbohydrates: 3.44g (1.25%), Sugar: 1.32g (1.46%), Cholesterol: 94.15mg (31.38%), Sodium: 728.88mg (31.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.77g (69.54%), Vitamin B12: 5.41µg (90.15%), Selenium: 62.19µg (88.85%), Vitamin C: 61.15mg (74.12%), Vitamin B6: 1.47mg (73.68%), Vitamin B3: 13.86mg (69.31%), Vitamin B2: 0.66mg (38.94%), Phosphorus: 356.97mg (35.7%), Vitamin B5: 2.92mg (29.22%), Potassium: 992.13mg (28.35%), Vitamin B1: 0.41mg (27.18%), Copper: 0.48mg (24.17%), Magnesium: 57.66mg (14.42%), Folate: 56.64µg (14.16%), Vitamin A: 590.62IU (11.81%), Iron: 1.67mg (9.3%), Zinc: 1.21mg (8.06%), Manganese: 0.14mg (6.92%), Calcium: 41.18mg (4.12%), Fiber: 0.91g (3.64%), Vitamin K: 3.35µg (3.19%), Vitamin E: 0.21mg (1.4%)