



Roast Salmon and Broccoli with Chile-Caper Vinaigrette



Gluten Free



Dairy Free



Very Healthy



Popular

READY IN



45 min.

SERVINGS



4

CALORIES



427 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 pounds broccoli cut into florets
- ☐ 2 tablespoons capers drained
- ☐ 1 jalapeno seeds removed if desired thinly sliced into rings,
- ☐ 4 servings pepper freshly ground
- ☐ 4 tablespoons olive oil divided
- ☐ 24 ounce salmon fillet skinless
- ☐ 2 tablespoons rice vinegar

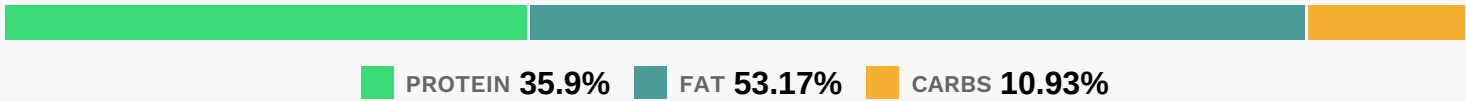
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 400°F. Toss broccoli and 2 tablespoons oil on a large rimmed baking sheet; season with salt and pepper. Roast broccoli, tossing occasionally, until crisp-tender, 12–15 minutes.
- ☐ Rub salmon with 1 tablespoon oil; season with salt and pepper. Push broccoli to edges of baking sheet and place salmon in the center. Roast until salmon is opaque throughout and broccoli is tender, 10–15 minutes.
- ☐ Meanwhile, combine jalapeño, vinegar, and a pinch of salt in small bowl and let sit until jalapeño is slightly softened, about 10 minutes.
- ☐ Mix in capers and remaining 1 tablespoon oil; season with salt and pepper.
- ☐ Serve salmon and broccoli drizzled with chile–caper vinaigrette.
- ☐ Per serving: 410 calories, 25 g fat, 5 g fiber
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index: 36.5, Glycemic Load: 2.25, Inflammation Score: -9, Nutrition Score: 41.730434666509%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.42mg, Luteolin: 1.42mg, Luteolin: 1.42mg, Luteolin: 1.42mg Kaempferol: 18.59mg, Kaempferol: 18.59mg, Kaempferol: 18.59mg, Kaempferol: 18.59mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 12.62mg, Quercetin: 12.62mg, Quercetin: 12.62mg, Quercetin: 12.62mg

Nutrients (% of daily need)

Calories: 426.76kcal (21.34%), Fat: 25.46g (39.18%), Saturated Fat: 3.81g (23.8%), Carbohydrates: 11.78g (3.93%), Net Carbohydrates: 7.11g (2.59%), Sugar: 3.06g (3.4%), Cholesterol: 93.55mg (31.18%), Sodium: 242.3mg (10.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.68g (77.36%), Vitamin C: 156.05mg (189.15%), Vitamin K: 183.72µg (174.97%), Selenium: 66.44µg (94.92%), Vitamin B12: 5.41µg (90.15%), Vitamin B6: 1.7mg (85.25%), Vitamin B3: 14.53mg (72.64%), Vitamin B2: 0.85mg (50.21%), Phosphorus: 454.25mg (45.42%), Potassium: 1382.89mg (39.51%), Vitamin B5: 3.82mg (38.19%), Folate: 151.57µg (37.89%), Vitamin B1: 0.51mg (33.83%), Copper: 0.53mg (26.35%), Vitamin A: 1171.54IU (23.43%), Vitamin E: 3.5mg (23.36%), Magnesium: 87.14mg (21.79%), Manganese: 0.41mg (20.4%), Fiber: 4.67g (18.7%), Iron: 2.77mg (15.38%), Zinc: 1.81mg (12.04%), Calcium: 103.44mg (10.34%)