

 **82%**
HEALTH SCORE

Roast Salmon and Vegetables with Barbecue Sauce

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



45 min.

SERVINGS



4

CALORIES



477 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup barbecue sauce
- 0.5 teaspoon pepper black
- 2 large fennel bulbs
- 8 cloves garlic peeled halved
- 1 pint grape tomatoes
- 2 teaspoons kosher salt
- 1 optional: lemon thinly sliced

- 0.3 cup olive oil
- 24 ounce salmon fillet skinless

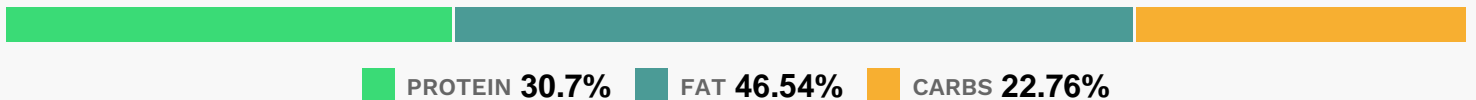
Equipment

- frying pan
- oven
- baking pan
- roasting pan

Directions

- Heat oven to 400 F.
- Cut each fennel bulb in half lengthwise, then cut each half into 6 wedges. In a roasting pan or large baking dish, combine the fennel, tomatoes, garlic, lemon, oil, 1 1/2 teaspoons of the salt, 1/4 teaspoon of the pepper, and the thyme.
- Spread the mixture into a single layer. Roast until the fennel is tender, about 40 minutes. Season the salmon with the remaining salt and pepper.
- Brush the fillets with the barbecue sauce.
- Remove pan from oven and place the fillets on top of the vegetable mixture. Return to oven and roast until the fillets are the same color throughout and flake easily, about 12 minutes, depending on thickness.
- Remove and discard the lemon before serving.

Nutrition Facts



Properties

Glycemic Index:42.63, Glycemic Load:4.46, Inflammation Score:-9, Nutrition Score:39.292173841725%

Flavonoids

Eriodictyol: 7.03mg, Eriodictyol: 7.03mg, Eriodictyol: 7.03mg, Eriodictyol: 7.03mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.95mg, Naringenin: 0.95mg, Naringenin: 0.95mg, Naringenin: 0.95mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.53mg,

Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg

Nutrients (% of daily need)

Calories: 476.83kcal (23.84%), Fat: 25.02g (38.5%), Saturated Fat: 3.7g (23.13%), Carbohydrates: 27.53g (9.18%), Net Carbohydrates: 21.32g (7.75%), Sugar: 16.36g (18.18%), Cholesterol: 93.55mg (31.18%), Sodium: 1551.7mg (67.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.14g (74.28%), Selenium: 64.19µg (91.7%), Vitamin B12: 5.41µg (90.15%), Vitamin K: 91.89µg (87.51%), Vitamin B6: 1.66mg (82.78%), Vitamin B3: 15.04mg (75.18%), Vitamin C: 46.57mg (56.45%), Potassium: 1718.52mg (49.1%), Phosphorus: 445.75mg (44.57%), Vitamin B2: 0.73mg (43.06%), Vitamin B5: 3.34mg (33.37%), Vitamin B1: 0.47mg (31.23%), Copper: 0.62mg (31.08%), Manganese: 0.56mg (27.94%), Vitamin A: 1271.44IU (25.43%), Fiber: 6.21g (24.83%), Folate: 95.53µg (23.88%), Vitamin E: 3.5mg (23.33%), Magnesium: 89.45mg (22.36%), Iron: 3.06mg (17%), Calcium: 117.28mg (11.73%), Zinc: 1.66mg (11.04%)