



Roast Salmon and Vegetables with Green Olive Vinaigrette



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



416 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 teaspoon pepper black
- ☐ 2 large fennel bulbs
- ☐ 0.3 cup flat-leaf parsley leaves fresh chopped
- ☐ 8 cloves garlic peeled halved
- ☐ 1 pint grape tomatoes
- ☐ 1 cup olives green pitted roughly chopped
- ☐ 2 teaspoons kosher salt

- ☐ 1 optional: lemon thinly sliced
- ☐ 1 tablespoon juice of lemon
- ☐ 0.5 cup olive oil extra-virgin
- ☐ 24 ounce salmon fillet skinless

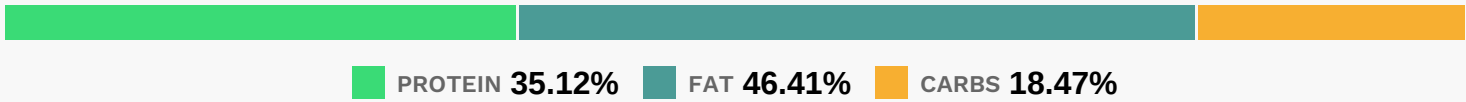
Equipment

- ☐ 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, 1/4 cup of the 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 1/2 teaspoon salt and 1/4 teaspoon pepper.
- ☐ 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. Meanwhile, combine the olives, the remaining oil, lemon juice, parsley, cumin (if using), paprika (if using), and the remaining salt and pepper. Spoon over the salmon.

Nutrition Facts



Properties

Glycemic Index:50.63, Glycemic Load:4.51, Inflammation Score:-9, Nutrition Score:40.937825949296%

Flavonoids

Eriodictyol: 7.21mg, Eriodictyol: 7.21mg, Eriodictyol: 7.21mg, Eriodictyol: 7.21mg Hesperetin: 8.08mg, Hesperetin: 8.08mg, Hesperetin: 8.08mg, Hesperetin: 8.08mg Naringenin: 1mg, Naringenin: 1mg, Naringenin: 1mg, Naringenin: 1mg Apigenin: 8.1mg, Apigenin: 8.1mg, Apigenin: 8.1mg, Apigenin: 8.1mg Luteolin: 0.78mg, Luteolin: 0.78mg, Luteolin: 0.78mg, Luteolin: 0.78mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.94mg, Myricetin: 0.94mg, Myricetin: 0.94mg, Myricetin: 0.94mg Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg

Nutrients (% of daily need)

Calories: 415.66kcal (20.78%), Fat: 21.98g (33.82%), Saturated Fat: 3.26g (20.41%), Carbohydrates: 19.68g (6.56%), Net Carbohydrates: 12.4g (4.51%), Sugar: 8.76g (9.73%), Cholesterol: 93.55mg (31.18%), Sodium: 1834.72mg (79.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.43g (74.86%), Vitamin K: 148.76µg (141.68%), Selenium: 64.2µg (91.71%), Vitamin B12: 5.41µg (90.15%), Vitamin B6: 1.65mg (82.68%), Vitamin B3: 15.03mg (75.13%), Vitamin C: 52.87mg (64.08%), Potassium: 1703.62mg (48.67%), Phosphorus: 445mg (44.5%), Vitamin B2: 0.73mg (42.68%), Vitamin A: 1667.5IU (33.35%), Vitamin B5: 3.33mg (33.27%), Copper: 0.65mg (32.64%), Vitamin B1: 0.47mg (31.62%), Fiber: 7.27g (29.09%), Manganese: 0.55mg (27.56%), Folate: 102.53µg (25.63%), Vitamin E: 3.46mg (23.09%), Magnesium: 92.37mg (23.09%), Iron: 3.28mg (18.2%), Calcium: 132.84mg (13.28%), Zinc: 1.67mg (11.15%)