



## Roast Salmon in Lemon-Ginger Broth



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



777 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 3 cups fat-skimmed chicken broth
- ☐ 6 slices ginger fresh peeled (quarter-size)
- ☐ 3 strips lemon zest yellow () ( part only)
- ☐ 4 servings lemon wedges
- ☐ 1 lb napa cabbage
- ☐ 1 tablespoon olive oil
- ☐ 1 cup peas frozen
- ☐ 12 thin-skinned potatoes red scrubbed ()

- ☐ 1.5 pounds boned salmon fillet
- ☐ 4 servings salt and pepper

## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ oven
- ☐ baking pan
- ☐ spatula
- ☐ slotted spoon

## Directions

- ☐ In a covered 5- to 6-quart pan over high heat, bring potatoes, broth, ginger, and lemon peel to a boil. Reduce heat to low and simmer until potatoes are almost tender when pierced, 12 to 15 minutes.
- ☐ Meanwhile, rinse fish and pat dry; cut into 4 equal pieces. Rub fish all over with olive oil and place pieces, skin down and slightly apart, in a 10- by 15-inch baking pan.
- ☐ Bake in a 300 regular or convection oven until fish is barely opaque but still moist-looking in center of thickest part (cut to test), 14 to 16 minutes.
- ☐ Rinse cabbage and cut lengthwise into quarters. When potatoes are almost tender, set cabbage on top of potatoes. Cover, turn heat to medium, and steam until cabbage is tender when pierced, about 5 minutes. With a slotted spoon, lift out cabbage and potatoes and arrange equally in 4 wide bowls. Slide a wide spatula between fish and skin and lift fillet pieces off skin; arrange 1 piece of fish alongside vegetables in each bowl.
- ☐ With a slotted spoon, remove and discard lemon peel and ginger from broth. Stir in peas and bring to a boil over high heat. Ladle broth and peas equally over fish and vegetables. Offer lemon wedges to squeeze over portions.
- ☐ Add salt and pepper to taste.

## Nutrition Facts



 **PROTEIN 25.41%**  **FAT 18.09%**  **CARBS 56.5%**

Properties

Glycemic Index:29.21, Glycemic Load:2.22, Inflammation Score:-9, Nutrition Score:58.896956692571%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 4.18mg, Quercetin: 4.18mg, Quercetin: 4.18mg, Quercetin: 4.18mg

Nutrients (% of daily need)

Calories: 777.14kcal (38.86%), Fat: 15.87g (24.41%), Saturated Fat: 2.46g (15.35%), Carbohydrates: 111.47g (37.16%), Net Carbohydrates: 97.01g (35.28%), Sugar: 12.26g (13.62%), Cholesterol: 93.55mg (31.18%), Sodium: 1092.52mg (47.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 50.15g (100.29%), Vitamin B6: 2.83mg (141.64%), Vitamin C: 101.72mg (123.3%), Potassium: 4165.44mg (119.01%), Vitamin B3: 22.9mg (114.5%), Selenium: 70.39µg (100.56%), Vitamin B12: 5.75µg (95.83%), Phosphorus: 822.02mg (82.2%), Vitamin K: 78.28µg (74.55%), Copper: 1.43mg (71.32%), Vitamin B1: 1.06mg (70.49%), Folate: 272.93µg (68.23%), Manganese: 1.32mg (65.93%), Vitamin B2: 0.99mg (58.03%), Fiber: 14.46g (57.83%), Magnesium: 219.8mg (54.95%), Vitamin B5: 4.98mg (49.85%), Iron: 7.2mg (40%), Zinc: 3.95mg (26.37%), Calcium: 189.4mg (18.94%), Vitamin A: 751.28IU (15.03%), Vitamin E: 0.76mg (5.08%)