



 **100%**  
HEALTH SCORE

## Roast Salmon with Bean & Tomato Salad

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

READY IN



**25 min.**

SERVINGS



**4**

CALORIES



**526 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 15 oz .5 can cannellini beans rinsed canned
- 2 cups brown rice long-grain hot cooked
- 1 clove garlic minced
- 2 cups grape tomatoes
- 0.1 tsp ground pepper black
- 0.3 cup parsley fresh italian chopped
- 1 lb skin-on salmon fillets
- 0.3 cup sun tomato vinaigrette dressing made dried with extra virgin olive oil, divided kraft

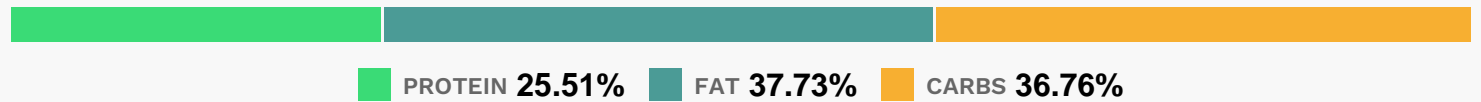
## Equipment

- baking sheet
- oven
- aluminum foil

## Directions

- Heat oven to 425F.
- Place tomatoes on 2/3 of a foil-covered rimmed baking sheet; bake 10 min.
- Meanwhile, combine beans, parsley, garlic, pepper and 3 Tbsp. dressing.
- Add fish to baking sheet with tomatoes; brush with remaining dressing.
- Bake 10 min. or until fish flakes easily with fork.
- Add tomatoes to bean mixture; mix lightly.
- Serve with fish and rice.

## Nutrition Facts



## Properties

Glycemic Index:40.75, Glycemic Load:6.28, Inflammation Score:-8, Nutrition Score:35.600869344628%

## Flavonoids

Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.67mg, Myricetin: 0.67mg, Myricetin: 0.67mg, Myricetin: 0.67mg Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg

## Nutrients (% of daily need)

Calories: 525.82kcal (26.29%), Fat: 22.06g (33.94%), Saturated Fat: 3.26g (20.37%), Carbohydrates: 48.35g (16.12%), Net Carbohydrates: 40.44g (14.71%), Sugar: 2.65g (2.94%), Cholesterol: 62.37mg (20.79%), Sodium: 66.32mg (2.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.55g (67.11%), Manganese: 1.56mg (77.97%), Vitamin K: 79.3µg (75.52%), Selenium: 52.76µg (75.37%), Vitamin B6: 1.22mg (61.06%), Vitamin B12: 3.61µg (60.1%),

Vitamin B3: 11.02mg (55.1%), Phosphorus: 425.77mg (42.58%), Potassium: 1281.54mg (36.62%), Magnesium: 139.39mg (34.85%), Copper: 0.68mg (34.01%), Vitamin B1: 0.48mg (32.29%), Fiber: 7.91g (31.63%), Vitamin B2: 0.51mg (30.2%), Folate: 118.26µg (29.56%), Iron: 5.02mg (27.91%), Vitamin B5: 2.45mg (24.48%), Vitamin E: 3.24mg (21.63%), Vitamin A: 982.25IU (19.65%), Vitamin C: 15.43mg (18.7%), Zinc: 2.71mg (18.05%), Calcium: 115.36mg (11.54%)