



# Roast Salmon with Vegetables, Penne, and Dill

 Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



647 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

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

- 8 ounces penne pasta
- 24 ounce salmon fillet skinless

## Equipment

- frying pan
- oven
- pot
- 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.
- 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, bring a large pot of water to a boil.
- Add 8 ounces penne to the water.
- Drain the pasta and return it to the pot.
- Transfer the roast salmon to individual plates.
- Add the roast vegetables, pan juices, and dill to the pasta and toss.
- Serve with the salmon.

## Nutrition Facts



PROTEIN 27.3%  FAT 35.62%  CARBS 37.08%

## Properties

Glycemic Index:56.88, Glycemic Load:21.5, Inflammation Score:-9, Nutrition Score:43.77478292714%

## Flavonoids

Eriodictyol: 7.03mg, Eriodictyol: 7.03mg, Eriodictyol: 7.03mg, Eriodictyol: 7.03mg Hesperetin: 7.53mg, 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 Isorhamnetin: 1.28mg, Isorhamnetin: 1.28mg, Isorhamnetin: 1.28mg, Isorhamnetin: 1.28mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg Quercetin: 2.99mg, Quercetin: 2.99mg, Quercetin: 2.99mg, Quercetin: 2.99mg

## Nutrients (% of daily need)

Calories: 647.46kcal (32.37%), Fat: 25.76g (39.64%), Saturated Fat: 3.85g (24.05%), Carbohydrates: 60.35g (20.12%), Net Carbohydrates: 52.48g (19.08%), Sugar: 9.96g (11.07%), Cholesterol: 93.55mg (31.18%), Sodium: 1311.41mg (57.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 44.44g (88.88%), Selenium: 99.71µg (142.45%), Vitamin B12: 5.41µg (90.15%), Vitamin K: 91.52µg (87.16%), Vitamin B6: 1.72mg (86.18%), Vitamin B3: 15.9mg (79.51%), Vitamin C: 48.93mg (59.3%), Phosphorus: 550.08mg (55.01%), Manganese: 1.09mg (54.3%), Potassium: 1811.35mg (51.75%), Vitamin B2: 0.76mg (44.79%), Copper: 0.77mg (38.63%), Vitamin B5: 3.55mg (35.54%), Vitamin B1: 0.52mg (34.38%), Fiber: 7.87g (31.47%), Magnesium: 118.01mg (29.5%), Vitamin A: 1444.77IU (28.9%), Folate: 109.66µg (27.42%), Vitamin E: 3.37mg (22.48%), Iron: 3.84mg (21.33%), Zinc: 2.44mg (16.28%), Calcium: 127.43mg (12.74%)