



WHATSheATE



HEALTH SCORE

82%

Roasted Citrus-Herb Salmon



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



360 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



1 tablespoon parsley fresh chopped



1 tablespoon thyme leaves fresh chopped



1 tablespoon garlic minced



2 teaspoons lemon zest



2 teaspoons lime zest



1 tablespoon olive oil



0.5 teaspoon pepper



2 lb salmon fillet

☐ 1.5 teaspoons salt

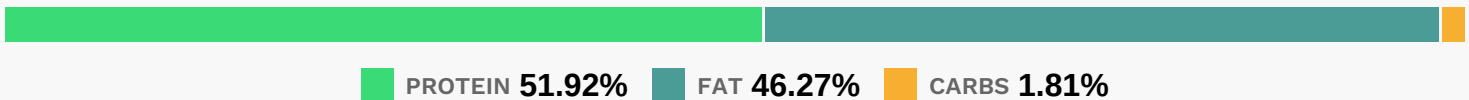
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven

Directions

- ☐ Combine all ingredients except salmon in a small bowl; set aside.
- ☐ Arrange salmon on a parchment paper-lined baking sheet; spread herb mixture over salmon.
- ☐ Bake, uncovered, at 400 degrees for 12 to 15 minutes, or until salmon flakes easily with a fork.

Nutrition Facts



Properties

Glycemic Index:42.75, Glycemic Load:0.33, Inflammation Score:-9, Nutrition Score:31.258695623149%

Flavonoids

Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 2.2mg, Apigenin: 2.2mg, Apigenin: 2.2mg, Apigenin: 2.2mg Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 359.5kcal (17.97%), Fat: 17.94g (27.6%), Saturated Fat: 2.72g (17.02%), Carbohydrates: 1.58g (0.53%), Net Carbohydrates: 1.06g (0.39%), Sugar: 0.09g (0.1%), Cholesterol: 124.74mg (41.58%), Sodium: 973.1mg (42.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 45.3g (90.6%), Vitamin B12: 7.21µg (120.2%), Selenium: 83.09µg (118.7%), Vitamin B6: 1.89mg (94.49%), Vitamin B3: 17.89mg (89.47%), Vitamin B2: 0.87mg (51.45%), Phosphorus: 459.78mg (45.98%), Vitamin B5: 3.81mg (38.06%), Vitamin B1: 0.52mg (34.63%), Potassium: 1141.68mg (32.62%), Copper: 0.59mg (29.49%), Vitamin K: 18.96µg (18.05%), Magnesium: 70.23mg (17.56%), Folate: 59.32µg (14.83%), Iron: 2.28mg (12.67%), Zinc: 1.53mg (10.17%), Vitamin C: 6.34mg (7.68%), Manganese: 0.14mg (6.78%), Vitamin A: 260.65IU (5.21%), Calcium: 42.66mg (4.27%), Vitamin E: 0.52mg (3.47%), Fiber: 0.52g (2.07%)