



HEALTH SCORE

100%

Roasted Fennel and Red Onion Salmon



Gluten Free



Dairy Free



Very Healthy

READY IN



10 min.

SERVINGS



4

CALORIES



329 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 2 small fennel bulbs cut into 1/2-inch wedges
- ☐ 6 cloves garlic smashed
- ☐ 1 cup grape tomatoes
- ☐ 1 teaspoon kosher salt
- ☐ 1 optional: lemon halved
- ☐ 2 teaspoons olive oil extra-virgin
- ☐ 1 large onion red cut into 1/2-inch wedges

- ☐ 24 ounce salmon fillet
- ☐ 0.5 bunch thyme sprigs fresh

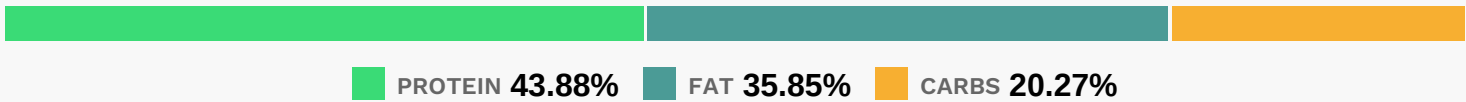
Equipment

- ☐ frying pan
- ☐ oven
- ☐ roasting pan

Directions

- ☐ Heat oven to 400 F.In a roasting pan, toss the fennel, onion, garlic, tomatoes, thyme, 1/2 teaspoon of the salt, 1/4 teaspoon of the pepper, and the oil.
- ☐ Spread evenly and roast for 20 minutes.Move the vegetables to side of pan, add the salmon, then redistribute the vegetables around the salmon. Squeeze the lemon halves over the salmon.
- ☐ Sprinkle the salmon with the remaining salt and pepper. Return to oven and roast until the salmon is the same color throughout and flakes easily, 10 to 12 minutes.
- ☐ Serve immediately, with the rice, if desired.Tip: When estimating how long to cook fish, allow about 10 minutes for each inch of thickness.

Nutrition Facts



Properties

Glycemic Index:60.63, Glycemic Load:4.08, Inflammation Score:-8, Nutrition Score:35.374347686768%

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: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 6.45mg, Quercetin: 6.45mg, Quercetin: 6.45mg, Quercetin: 6.45mg

Nutrients (% of daily need)

Calories: 328.86kcal (16.44%), Fat: 13.24g (20.37%), Saturated Fat: 2.09g (13.08%), Carbohydrates: 16.85g (5.62%), Net Carbohydrates: 11.32g (4.12%), Sugar: 7.47g (8.29%), Cholesterol: 93.55mg (31.18%), Sodium: 721.46mg (31.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.47g (72.93%), Selenium: 63.8µg (91.15%), Vitamin B12: 5.41µg (90.15%), Vitamin B6: 1.59mg (79.45%), Vitamin K: 78.22µg (74.49%), Vitamin B3: 14.44mg (72.21%), Vitamin C: 37.69mg (45.69%), Potassium: 1508.1mg (43.09%), Phosphorus: 427.74mg (42.77%), Vitamin B2: 0.71mg (41.85%), Vitamin B5: 3.25mg (32.52%), Vitamin B1: 0.44mg (29.52%), Copper: 0.57mg (28.26%), Manganese: 0.45mg (22.7%), Fiber: 5.53g (22.1%), Folate: 88.3µg (22.07%), Magnesium: 80.59mg (20.15%), Iron: 2.74mg (15.22%), Vitamin A: 567.13IU (11.34%), Calcium: 106.47mg (10.65%), Zinc: 1.51mg (10.1%), Vitamin E: 1.22mg (8.13%)