



 **100%**
HEALTH SCORE

Roasted Miso Salmon with Lemon and Cilantro with Rosemary Roasted Yukons

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

READY IN



38 min.

SERVINGS



4

CALORIES



483 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup freshly cilantro leaves chopped
- 2 cloves garlic minced
- 0.3 cup juice of lemon fresh
- 1 tablespoon miso paste
- 1 tablespoon olive oil
- 1 tablespoon rice wine (mirin)
- 2 teaspoons freshly rosemary leaves chopped

- 30 ounces salmon fillet
- 4 servings salt and pepper black freshly ground
- 4 yukon gold potatoes cut into 2-inch chunks

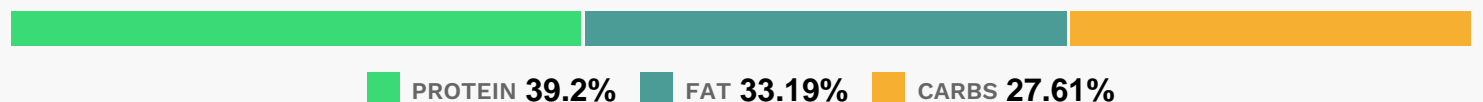
Equipment

- bowl
- frying pan
- baking sheet
- oven
- whisk
- roasting pan

Directions

- Preheat oven to 400 degrees F. Coat a large roasting pan with cooking spray.
- Season salmon with salt and black pepper and place in roasting pan. In a small bowl, whisk together lemon juice, rice wine and miso paste.
- Brush mixture all over salmon in pan.
- In a large bowl, combine potatoes, oil, garlic, rosemary, and salt and black pepper to taste. Toss to coat potatoes. Arrange potatoes alongside salmon (or on a separate baking sheet if there's not enough room).
- Roast salmon and potatoes 20 to 25 minutes, until fish and potatoes are fork-tender.
- Serve 4 of the salmon fillets with the cilantro sprinkled over top and all of the potatoes on the side. Reserve remaining salmon for salad.

Nutrition Facts



Properties

Glycemic Index:77.19, Glycemic Load:22.42, Inflammation Score:-7, Nutrition Score:37.121304294337%

Flavonoids

Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg, Kaempferol: 1.36mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.8mg, Quercetin: 1.8mg, Quercetin: 1.8mg, Quercetin: 1.8mg

Nutrients (% of daily need)

Calories: 483.44kcal (24.17%), Fat: 17.45g (26.84%), Saturated Fat: 2.67g (16.68%), Carbohydrates: 32.65g (10.88%), Net Carbohydrates: 28.53g (10.37%), Sugar: 2g (2.22%), Cholesterol: 116.94mg (38.98%), Sodium: 263.34mg (11.45%), Alcohol: 0.6g (100%), Alcohol %: 0.19% (100%), Protein: 46.36g (92.73%), Vitamin B6: 2.28mg (113.87%), Vitamin B12: 6.76µg (112.75%), Selenium: 78.71µg (112.44%), Vitamin B3: 18.58mg (92.9%), Phosphorus: 533.31mg (53.33%), Vitamin B2: 0.88mg (51.66%), Potassium: 1796.18mg (51.32%), Vitamin C: 40.16mg (48.68%), Vitamin B1: 0.63mg (41.89%), Vitamin B5: 4.09mg (40.92%), Copper: 0.74mg (37.21%), Magnesium: 104.86mg (26.21%), Folate: 85.05µg (21.26%), Manganese: 0.38mg (18.77%), Iron: 3.24mg (17.98%), Fiber: 4.12g (16.49%), Zinc: 2mg (13.31%), Vitamin K: 9.87µg (9.4%), Calcium: 53.94mg (5.39%), Vitamin E: 0.57mg (3.81%), Vitamin A: 162.79IU (3.26%)