



Roasted salmon



Gluten Free



Dairy Free



Very Healthy

READY IN



80 min.

SERVINGS



6

CALORIES



484 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



2 kg oz salmon



1 optional: lemon sliced



1 handful herbs such as parsley mixed good



2 bay leaves



1 shallots thinly sliced



1 tablespoon white wine

Equipment



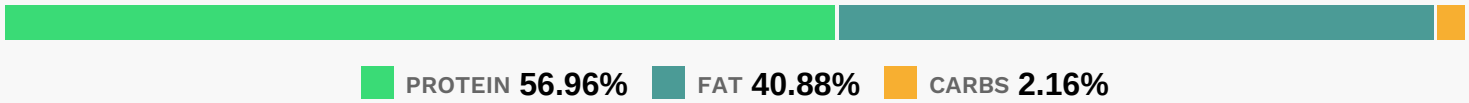
baking sheet

- ☐ oven
- ☐ knife
- ☐ aluminum foil

Directions

- ☐ Heat oven to 200C/180C fan/gas
- ☐ Sit one of the salmon fillets, skin-side down, on a large sheet of foil or baking parchment. Scatter with the lemon slices, herbs, shallots and seasoning, then sit the second fillet on top skin-side up. Tie in 2-3 places with string to secure, splash with wine and fold up the foil or paper to seal. Can be chilled for up to 3 hrs.
- ☐ Place on a baking sheet and bake for 50 mins-1 hr until the salmon is cooked through check by poking a knife into the fillets and making sure the flesh flakes easily.
- ☐ Serve in foil or paper on a serving plate, or carefully lift out using a couple of fish slices. Slice into portions and serve with the Lemon & chive mayonnaise and New potatoes 'Lyonnaise' (see 'Goes well with' recipes) and half-steamed broccoli (see below).

Nutrition Facts



Properties

Glycemic Index:17.08, Glycemic Load:0.49, Inflammation Score:-6, Nutrition Score:37.196956384441%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg Hesperetin: 5.03mg, Hesperetin: 5.03mg, Hesperetin: 5.03mg, Hesperetin: 5.03mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 483.95kcal (24.2%), Fat: 21.2g (32.61%), Saturated Fat: 3.28g (20.5%), Carbohydrates: 2.51g (0.84%), Net Carbohydrates: 1.84g (0.67%), Sugar: 0.81g (0.9%), Cholesterol: 183.33mg (61.11%), Sodium: 148.03mg (6.44%), Alcohol: 0.26g (100%), Alcohol %: 0.09% (100%), Protein: 66.46g (132.92%), Vitamin B12: 10.6µg (176.67%),

Selenium: 121.79µg (173.99%), Vitamin B6: 2.76mg (137.89%), Vitamin B3: 26.24mg (131.19%), Vitamin B2: 1.27mg (74.84%), Phosphorus: 672.92mg (67.29%), Vitamin B5: 5.6mg (55.97%), Vitamin B1: 0.76mg (50.92%), Potassium: 1677.73mg (47.94%), Copper: 0.84mg (42.24%), Magnesium: 99.61mg (24.9%), Folate: 87.83µg (21.96%), Iron: 2.89mg (16.04%), Zinc: 2.17mg (14.48%), Vitamin C: 10.78mg (13.06%), Vitamin K: 10.98µg (10.45%), Calcium: 47.64mg (4.76%), Vitamin A: 195.68IU (3.91%), Manganese: 0.08mg (3.88%), Fiber: 0.67g (2.67%)