



HEALTH SCORE

96%

Roasted Salmon



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



15 min.

SERVINGS



1

CALORIES



247 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 tablespoon chives fresh chopped
- ☐ 0.5 tablespoon tarragon leaves fresh
- ☐ 1 teaspoon olive oil plus additional extra-virgin for drizzling
- ☐ 5 oz salmon fillet with skin

Equipment

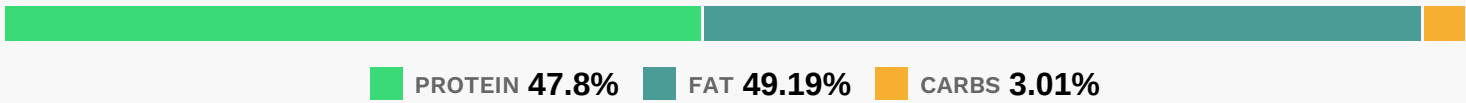
- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil

☐ spatula

Directions

- ☐ Preheat oven to 425°F.
- ☐ Rub salmon all over with 1 teaspoon oil and season with salt and pepper. Roast, skin side down, on a foil-lined baking sheet in upper third of oven until fish is just cooked through, about 12 minutes.
- ☐ Cut salmon in half crosswise, then lift flesh from skin with a metal spatula and transfer to a plate. Discard skin, then drizzle salmon with oil and sprinkle with herbs.

Nutrition Facts



Properties

Glycemic Index:115, Glycemic Load:1.06, Inflammation Score:-5, Nutrition Score:21.989130414051%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 247.42kcal (12.37%), Fat: 13.25g (20.39%), Saturated Fat: 2.01g (12.57%), Carbohydrates: 1.82g (0.61%), Net Carbohydrates: 1.53g (0.56%), Sugar: 0.03g (0.03%), Cholesterol: 77.96mg (25.99%), Sodium: 64.66mg (2.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.97g (57.94%), Vitamin B12: 4.51µg (75.13%), Selenium: 51.91µg (74.15%), Vitamin B6: 1.25mg (62.3%), Vitamin B3: 11.46mg (57.32%), Vitamin B2: 0.59mg (34.54%), Phosphorus: 295.32mg (29.53%), Vitamin B5: 2.36mg (23.64%), Potassium: 804.74mg (22.99%), Vitamin B1: 0.33mg (22.02%), Copper: 0.38mg (19.02%), Manganese: 0.31mg (15.36%), Magnesium: 53.88mg (13.47%), Iron: 2.31mg (12.84%), Folate: 46.6µg (11.65%), Zinc: 1.05mg (7.01%), Calcium: 58.29mg (5.83%), Vitamin A: 268.99IU (5.38%), Vitamin K: 5.6µg (5.34%), Vitamin E: 0.58mg (3.86%), Vitamin C: 2.62mg (3.18%), Fiber: 0.3g (1.19%)