



Roasted Salmon and Potatoes with Dill



Gluten Free



Dairy Free



Very Healthy

READY IN



15 min.

SERVINGS



4

CALORIES



503 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup optional: dill fresh
- ☐ 2 cloves garlic smashed
- ☐ 4 servings salt and pepper
- ☐ 1 optional: lemon cut into wedges
- ☐ 1.5 pounds baby potatoes red halved
- ☐ 0.3 cup olive oil
- ☐ 24 ounce salmon fillet

Equipment

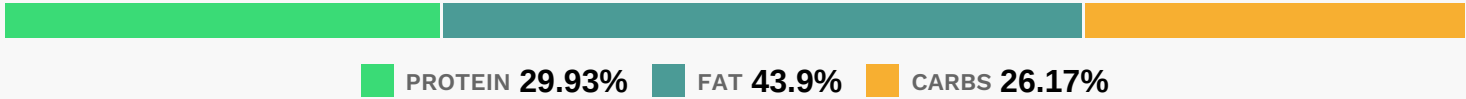
- ☐ baking sheet
- ☐ oven

Directions

☐

Heat oven to 400 F. On a rimmed baking sheet, toss the potatoes, oil, garlic, 1/2 teaspoon salt, and 1/4 teaspoon pepper. Arrange in a single layer and roast, tossing once, until golden brown and crisp, about 45 minutes. When the potatoes have 15 minutes left to cook, place the salmon on a second baking sheet, season with 1/2 teaspoon salt and 1/2 teaspoon pepper, and roast until opaque and beginning to flake, 10 to 12 minutes total, depending on the thickness. Divide the potatoes among individual plates and serve with the salmon, dill, and lemon.

Nutrition Facts



Properties

Glycemic Index:38.56, Glycemic Load:22.36, Inflammation Score:-7, Nutrition Score:34.430435201396%

Flavonoids

Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Isorhamnetin: 1.28mg, Isorhamnetin: 1.28mg, Isorhamnetin: 1.28mg, Isorhamnetin: 1.28mg Kaempferol: 1.76mg, Kaempferol: 1.76mg, Kaempferol: 1.76mg, Kaempferol: 1.76mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 3.14mg, Quercetin: 3.14mg, Quercetin: 3.14mg, Quercetin: 3.14mg

Nutrients (% of daily need)

Calories: 503.18kcal (25.16%), Fat: 24.56g (37.78%), Saturated Fat: 3.59g (22.43%), Carbohydrates: 32.94g (10.98%), Net Carbohydrates: 28.34g (10.31%), Sugar: 2.02g (2.24%), Cholesterol: 93.55mg (31.18%), Sodium: 281.7mg (12.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.68g (75.35%), Vitamin B6: 1.94mg (96.94%), Vitamin B12: 5.41µg (90.15%), Selenium: 62.92µg (89.88%), Vitamin B3: 15.25mg (76.23%), Vitamin C: 50.78mg (61.56%), Potassium: 1614.71mg (46.13%), Phosphorus: 445.7mg (44.57%), Vitamin B2: 0.72mg (42.15%), Vitamin B1: 0.54mg (35.73%), Vitamin B5: 3.41mg (34.06%), Copper: 0.63mg (31.39%), Magnesium: 92.61mg (23.15%), Folate: 77.16µg (19.29%), Fiber: 4.59g (18.37%), Manganese: 0.36mg (17.91%), Iron: 3.15mg (17.48%), Vitamin E: 2mg (13.35%), Zinc: 1.64mg (10.95%), Vitamin K: 11.38µg (10.84%), Vitamin A: 304.23IU (6.08%), Calcium: 56.92mg (5.69%)