



WHATSheATE



HEALTH SCORE

100%

Roasted Salmon and Vegetables



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



344 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 lb salmon steaks
- ☐ 2 cups baby potatoes refrigerated with skins (from 20-oz bag)
- ☐ 2 small zucchini quartered cut into 2-inch pieces
- ☐ 1 medium bell pepper red cut into 2-inch pieces
- ☐ 1 tablespoon juice of lemon
- ☐ 1 tablespoon butter melted
- ☐ 0.5 teaspoon salt
- ☐ 0.3 teaspoon tarragon dried

☐ 0.3 teaspoon pepper

Equipment

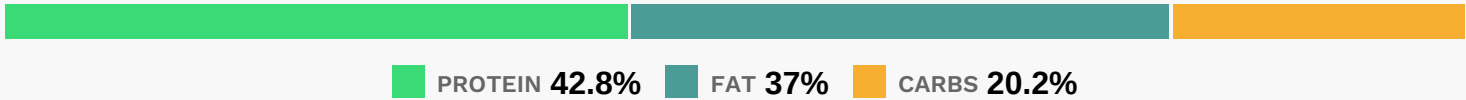
☐ frying pan

☐ oven

Directions

- ☐ Heat oven to 425°F.
- ☐ Place salmon steaks in ungreased 15x10x1-inch pan. Arrange potato wedges, zucchini and bell pepper around salmon.
- ☐ Brush salmon with lemon juice.
- ☐ Brush salmon and vegetables with butter; sprinkle with salt, tarragon and pepper.
- ☐ Bake 25 to 35 minutes or until salmon flakes easily with fork and vegetables are tender.

Nutrition Facts



Properties

Glycemic Index:58.19, Glycemic Load:10.21, Inflammation Score:-8, Nutrition Score:33.517391349958%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg

Nutrients (% of daily need)

Calories: 343.73kcal (17.19%), Fat: 13.97g (21.49%), Saturated Fat: 2.35g (14.66%), Carbohydrates: 17.16g (5.72%), Net Carbohydrates: 14.25g (5.18%), Sugar: 3.4g (3.78%), Cholesterol: 93.55mg (31.18%), Sodium: 409.08mg (17.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.36g (72.71%), Vitamin B12: 5.41µg (90.21%), Vitamin B6: 1.8mg (90.04%), Selenium: 62.47µg (89.25%), Vitamin C: 64.94mg (78.71%), Vitamin B3: 14.73mg (73.67%), Vitamin B2: 0.75mg (44.4%), Phosphorus: 414.79mg (41.48%), Potassium: 1376.82mg (39.34%), Vitamin B5: 3.28mg (32.77%), Vitamin B1: 0.49mg (32.58%), Copper: 0.55mg (27.3%), Vitamin A: 1250.36IU (25.01%), Folate: 83.52µg (20.88%), Magnesium: 81.75mg (20.44%), Manganese: 0.31mg (15.34%), Iron: 2.35mg (13.06%), Fiber: 2.92g (11.67%),

Zinc: 1.58mg (10.52%), Vitamin K: 5.62µg (5.36%), Calcium: 44.37mg (4.44%), Vitamin E: 0.66mg (4.43%)