



HEALTH SCORE

100%

Roasted Salmon with Fresh Vegetables



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



325 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 ounce baking potato cut lengthwise into 12 wedges
- ☐ 0.5 teaspoon pepper black divided freshly ground
- ☐ 24 cherry tomatoes
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 2 teaspoons olive oil
- ☐ 24 ounce salmon fillet ()
- ☐ 0.5 teaspoon salt divided
- ☐ 1.3 teaspoons worcestershire sauce

- ☐ 12 ounce prewashed whole trimmed
- ☐ 12 ounce prewashed whole trimmed

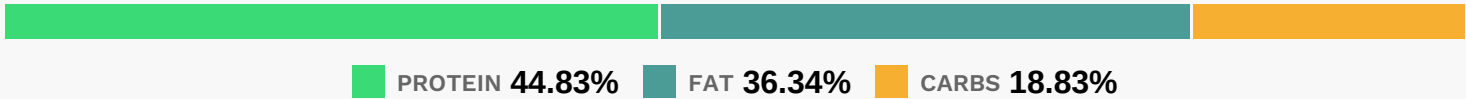
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 45
- ☐ Combine oil, 1/4 teaspoon salt, 1/4 teaspoon pepper, beans, and potato in a medium bowl; toss to coat.
- ☐ Place potatoes on a jelly-roll pan lined with foil; bake at 450 for 10 minutes.
- ☐ Reduce oven temperature to 42
- ☐ Add beans and tomatoes to pan; move potato mixture to one side of pan.
- ☐ Sprinkle fish with remaining 1/4 teaspoon salt and remaining 1/4 teaspoon pepper.
- ☐ Drizzle juice and Worcestershire sauce over fish.
- ☐ Add fish to pan.
- ☐ Bake at 425 for 18 minutes or until fish flakes easily when tested with a fork or until desired degree of doneness.
- ☐ Serve with lemon wedges, if desired.

Nutrition Facts



Properties

Glycemic Index:29.19, Glycemic Load:8.09, Inflammation Score:-7, Nutrition Score:29.736086907594%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg

Nutrients (% of daily need)

Calories: 325.27kcal (16.26%), Fat: 12.96g (19.94%), Saturated Fat: 1.98g (12.37%), Carbohydrates: 15.11g (5.04%), Net Carbohydrates: 13.59g (4.94%), Sugar: 3.17g (3.53%), Cholesterol: 93.55mg (31.18%), Sodium: 404.09mg (17.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.97g (71.94%), Vitamin B12: 5.41µg (90.15%), Selenium: 62.85µg (89.78%), Vitamin B6: 1.67mg (83.5%), Vitamin B3: 14.52mg (72.59%), Vitamin B2: 0.69mg (40.65%), Phosphorus: 401.76mg (40.18%), Potassium: 1314.54mg (37.56%), Vitamin C: 28.18mg (34.16%), Vitamin B5: 3.14mg (31.41%), Vitamin B1: 0.47mg (31.34%), Copper: 0.57mg (28.4%), Magnesium: 72.45mg (18.11%), Folate: 64.66µg (16.17%), Iron: 2.68mg (14.9%), Manganese: 0.26mg (12.82%), Vitamin A: 570.46IU (11.41%), Zinc: 1.4mg (9.37%), Fiber: 1.53g (6.1%), Vitamin E: 0.87mg (5.83%), Vitamin K: 5.51µg (5.25%), Calcium: 42.54mg (4.25%)