



 **83%**  
HEALTH SCORE

## Roasted Salmon with Lemon and Dill

 **Gluten Free**  **Dairy Free**  **Very Healthy**  **Low Fod Map**

READY IN



**30 min.**

SERVINGS



**4**

CALORIES



**245 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 8 optional: dill fresh
- 4 slices optional: lemon halved
- 0.3 teaspoon pepper freshly ground
- 24 oz salmon fillet
- 0.5 teaspoon salt

### Equipment

- frying pan
- oven

aluminum foil

## Directions

Preheat oven to 42

Place salmon fillets on a lightly greased rack on an aluminum foil-lined jelly-roll pan; sprinkle with salt and pepper.

Place 2 dill sprigs and 2 lemon halves on each fillet.

Bake at 425 for 15 to 20 minutes or just until fish flakes with a fork.

## Nutrition Facts

 **PROTEIN 57.32%** **FAT 41.2%** **CARBS 1.48%**

## Properties

Glycemic Index:18.13, Glycemic Load:0.15, Inflammation Score:-5, Nutrition Score:23.845217565479%

## Flavonoids

Eriodictyol: 1.5mg, Eriodictyol: 1.5mg, Eriodictyol: 1.5mg, Eriodictyol: 1.5mg Hesperetin: 1.95mg, Hesperetin: 1.95mg, Hesperetin: 1.95mg, Hesperetin: 1.95mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.87mg, Isorhamnetin: 0.87mg, Isorhamnetin: 0.87mg, Isorhamnetin: 0.87mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg

## Nutrients (% of daily need)

Calories: 244.74kcal (12.24%), Fat: 10.83g (16.66%), Saturated Fat: 1.67g (10.46%), Carbohydrates: 0.87g (0.29%), Net Carbohydrates: 0.6g (0.22%), Sugar: 0.18g (0.2%), Cholesterol: 93.55mg (31.18%), Sodium: 366.91mg (15.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.91g (67.81%), Vitamin B12: 5.41µg (90.15%), Selenium: 62.12µg (88.74%), Vitamin B6: 1.4mg (70.05%), Vitamin B3: 13.41mg (67.05%), Vitamin B2: 0.65mg (38.47%), Phosphorus: 342.83mg (34.28%), Vitamin B5: 2.85mg (28.53%), Vitamin B1: 0.39mg (25.9%), Potassium: 859.62mg (24.56%), Copper: 0.43mg (21.63%), Magnesium: 51.21mg (12.8%), Folate: 46.32µg (11.58%), Iron: 1.55mg (8.61%), Zinc: 1.11mg (7.42%), Vitamin C: 5.41mg (6.56%), Vitamin A: 224.62IU (4.49%), Manganese: 0.07mg (3.56%), Calcium: 27.13mg (2.71%), Fiber: 0.27g (1.08%)