



WHATSheATE



HEALTH SCORE

89%

Roasted Salmon with Lentils and Bacon



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



664 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



4 strips bacon



1 bay leaf



1 carrots cut into 1/2-inch slices



1 rib celery cut into 1/2-inch slices



2.3 cups chicken broth low-sodium homemade canned



1 tablespoon cooking oil



0.3 teaspoon thyme leaves dried



1 clove garlic minced

- ☐ 0.3 teaspoon fresh-ground pepper black
- ☐ 1.3 cups lentils
- ☐ 1 small onion cut into 1/2-inch slices
- ☐ 1.8 pounds center-cut salmon fillet skinless cut into 4 pieces
- ☐ 1 teaspoon salt
- ☐ 0.5 cup tomatoes in purée thick canned crushed

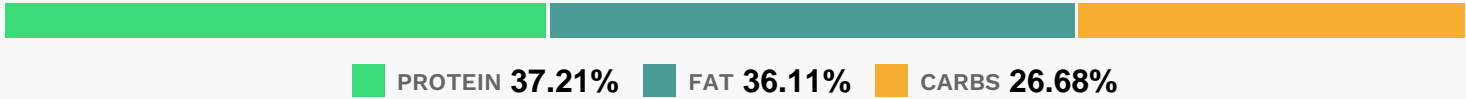
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven

Directions

- ☐ In a medium saucepan, cook the bacon until browned.
- ☐ Pour off and reserve all but 2 tablespoons of the fat from the pan.
- ☐ Add the onion, carrot, celery, and garlic. Cook over moderate heat, stirring frequently, until golden, about 5 minutes.
- ☐ Add the lentils, broth, tomatoes, 1/2 teaspoon of the salt, the thyme, and bay leaf. Bring to a boil, reduce the heat, and simmer, covered, until the lentils are just tender, about 30 minutes. Discard the bay leaf and stir in 1/8 teaspoon of the pepper.
- ☐ Heat the oven to 45
- ☐ Sprinkle the salmon with the remaining 1/2 teaspoon salt and 1/8 teaspoon pepper. In a large ovenproof nonstick frying pan, over moderately high heat, heat the reserved bacon fat, with enough oil to measure 2 tablespoons.
- ☐ Add the fish, skinned-side up, and cook until golden, about 2 minutes. Turn.
- ☐ Put the pan in the oven and continue cooking the salmon until just barely done (the fish should still be translucent in the center), about 3 minutes longer for a 1-inch-thick fillet.
- ☐ Put the lentils on plates and top with the salmon.
- ☐ Wine Recommendation: Light, acidic red wines are delightful with salmon, and the lentils and bacon only make the case for red wine stronger. Try a bottle of pinot noir from Oregon or California.

Nutrition Facts



Properties

Glycemic Index:57.61, Glycemic Load:5.96, Inflammation Score:-10, Nutrition Score:51.218260964622%

Flavonoids

Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.64mg, Quercetin: 3.64mg, Quercetin: 3.64mg, Quercetin: 3.64mg Galliccatechin: 0.08mg, Galliccatechin: 0.08mg, Galliccatechin: 0.08mg, Galliccatechin: 0.08mg

Nutrients (% of daily need)

Calories: 663.53kcal (33.18%), Fat: 26.42g (40.64%), Saturated Fat: 5.49g (34.34%), Carbohydrates: 43.91g (14.64%), Net Carbohydrates: 24.07g (8.75%), Sugar: 4.33g (4.81%), Cholesterol: 123.67mg (41.22%), Sodium: 917.1mg (39.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 61.25g (122.5%), Selenium: 82.28µg (117.54%), Vitamin B12: 6.55µg (109.22%), Vitamin B6: 2.12mg (106.22%), Vitamin B3: 20.45mg (102.23%), Folate: 351.03µg (87.76%), Fiber: 19.84g (79.35%), Phosphorus: 762.99mg (76.3%), Vitamin B1: 1.08mg (71.86%), Vitamin B2: 0.97mg (57.34%), Vitamin A: 2773.54IU (55.47%), Potassium: 1897.53mg (54.22%), Manganese: 0.98mg (48.96%), Vitamin B5: 4.89mg (48.86%), Copper: 0.96mg (48.1%), Iron: 7.09mg (39.41%), Magnesium: 146.03mg (36.51%), Zinc: 4.71mg (31.39%), Vitamin K: 13.4µg (12.76%), Vitamin E: 1.52mg (10.11%), Vitamin C: 8.2mg (9.95%), Calcium: 90.83mg (9.08%)