



HEALTH SCORE

100%

Roasted Salmon with Purslane, Fennel, and Green Olives



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



775 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups bay leaves
- ☐ 1 cup fennel bulb very thinly sliced
- ☐ 1 tablespoon juice of lemon
- ☐ 1 teaspoon lemon zest
- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 0.3 cup olive green
- ☐ 4 servings bell pepper

- ☐ 24 oz salmon fillet fresh frozen thawed
- ☐ 4 servings salt

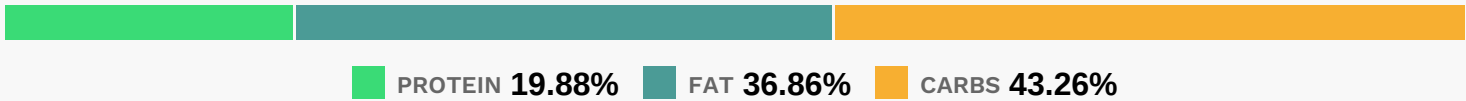
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ roasting pan

Directions

- ☐ Preheat oven to 200 and put a roasting pan half full of water on the bottom rack. Oil a rimmed baking tray and arrange salmon on one side. Pile fennel on other side and drizzle both with olive oil, then sprinkle both with salt and pepper. Toss fennel a little to coat and spread out in pan.
- ☐ Roast salmon until just firm to the touch, about 30 minutes; let cool.
- ☐ Remove salmon skin and break each fillet into 3 or 4 chunks.
- ☐ Put fennel in a medium bowl and mix with purslane, olives, and lemon juice and zest.
- ☐ Arrange salmon on plates with salad and drizzle with a little more oil.

Nutrition Facts



Properties

Glycemic Index:19.25, Glycemic Load:1.35, Inflammation Score:-10, Nutrition Score:63.454348108043%

Flavonoids

Eriodictyol: 0.42mg, Eriodictyol: 0.42mg, Eriodictyol: 0.42mg, Eriodictyol: 0.42mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 774.62kcal (38.73%), Fat: 36.17g (55.65%), Saturated Fat: 6.52g (40.76%), Carbohydrates: 95.54g (31.85%), Net Carbohydrates: 61.75g (22.45%), Sugar: 4.16g (4.62%), Cholesterol: 93.55mg (31.18%), Sodium: 485.97mg (21.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.89g (87.79%), Manganese: 9.81mg (490.71%), Iron: 52.85mg (293.59%), Vitamin A: 9790.95IU (195.82%), Vitamin C: 155.07mg (187.97%), Vitamin B6: 3.68mg (184.14%), Fiber: 33.79g (135.14%), Calcium: 1029.86mg (102.99%), Selenium: 65.73µg (93.9%), Vitamin B12: 5.41µg (90.15%), Vitamin B3: 16.64mg (83.21%), Folate: 296.75µg (74.19%), Vitamin B2: 1.22mg (71.55%), Magnesium: 205.46mg (51.37%), Phosphorus: 504.92mg (50.49%), Potassium: 1716.05mg (49.03%), Copper: 0.96mg (47.95%), Zinc: 5.7mg (38.02%), Vitamin B5: 3.13mg (31.26%), Vitamin B1: 0.44mg (29.4%), Vitamin E: 3.68mg (24.55%), Vitamin K: 25.59µg (24.38%)