



 **79%**
HEALTH SCORE

Roasted Wild Salmon and Dill

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

READY IN



45 min.

SERVINGS



6

CALORIES



254 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 1 tablespoon optional: dill fresh chopped
- 1 inch optional: lemon
- 1 tablespoon lemon zest grated
- 2 teaspoons olive oil
- 2.3 pound salmon fillet wild
- 0.8 teaspoon salt

Equipment

- baking sheet
- oven
- aluminum foil

Directions

- Preheat oven to 45
- Place fish, skin side down, on a foil-lined baking sheet coated with cooking spray.
- Brush fish with oil; sprinkle with salt and pepper.
- Sprinkle dill and rind over fish; arrange lemon slices over fish.
- Bake at 450 for 10 minutes or until fish flakes easily when tested with a fork or until desired degree of doneness.

Nutrition Facts

PROTEIN 55.04% **FAT 44.45%** **CARBS 0.51%**

Properties

Glycemic Index:12.08, Glycemic Load:0.03, Inflammation Score:-4, Nutrition Score:23.326956448348%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 254.36kcal (12.72%), Fat: 12.13g (18.66%), Saturated Fat: 1.86g (11.6%), Carbohydrates: 0.31g (0.1%), Net Carbohydrates: 0.15g (0.05%), Sugar: 0.05g (0.06%), Cholesterol: 93.55mg (31.18%), Sodium: 365.7mg (15.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.79g (67.57%), Vitamin B12: 5.41µg (90.15%), Selenium: 62.1µg (88.72%), Vitamin B6: 1.39mg (69.7%), Vitamin B3: 13.38mg (66.89%), Vitamin B2: 0.65mg (38.1%), Phosphorus: 340.69mg (34.07%), Vitamin B5: 2.84mg (28.37%), Vitamin B1: 0.39mg (25.69%), Potassium: 838.44mg (23.96%), Copper: 0.43mg (21.44%), Magnesium: 49.84mg (12.46%), Folate: 42.83µg (10.71%), Iron: 1.4mg (7.79%), Zinc: 1.09mg (7.3%), Manganese: 0.05mg (2.51%), Calcium: 22.93mg (2.29%), Vitamin C: 1.57mg (1.9%), Vitamin A: 74.69IU (1.49%), Vitamin E: 0.2mg (1.31%), Vitamin K: 1.08µg (1.02%)