



100%
HEALTH SCORE

Roasted Wild Salmon with Tomatoes, Basil, and Capers, Parmesan-Crusted Cauliflower, and Rice

 **Gluten Free**  **Very Healthy**

READY IN



35 min.

SERVINGS



4

CALORIES



749 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup slivered basil leaves
- 4 servings pepper black freshly ground
- 2 tablespoons capers drained
- 4 cups cauliflower florets
- 4 cups brown rice instant cooked
- 2 tablespoons lemon and herb seasoning

- 3 tablespoons parmesan cheese grated
- 1 cup roma tomatoes chopped (plum)
- 6 fillet salmon wild
- 4 servings salt

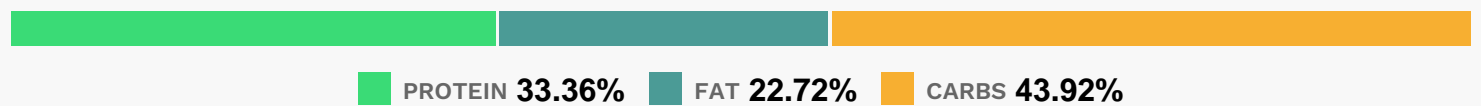
Equipment

- bowl
- baking sheet
- oven

Directions

- Preheat oven to 400 degrees F. Coat a large baking sheet with cooking spray.
- Season salmon with salt and pepper.
- Brush lemon and herb seasoning all over both sides of salmon.
- Place salmon on prepared baking sheet. Arrange cauliflower on another baking sheet, spray with cooking spray and sprinkle with Parmesan. Roast 15 minutes, until fish is fork tender and cauliflower is golden brown and tender.
- In a medium bowl, combine tomatoes, basil and capers. Season, to taste, with salt and pepper.
- Serve 4 of the salmon fillets with tomato mixture spooned over top.
- Serve half of the rice and all of the cauliflower with this meal. Reserve extra salmon fillets and extra rice for other meals.

Nutrition Facts



Properties

Glycemic Index:51, Glycemic Load:1.95, Inflammation Score:-9, Nutrition Score:52.236956249113%

Flavonoids

Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg

Kaempferol: 5.67mg, Kaempferol: 5.67mg, Kaempferol: 5.67mg, Kaempferol: 5.67mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 7.79mg, Quercetin: 7.79mg, Quercetin: 7.79mg, Quercetin: 7.79mg

Nutrients (% of daily need)

Calories: 749.38kcal (37.47%), Fat: 18.57g (28.57%), Saturated Fat: 3.41g (21.33%), Carbohydrates: 80.75g (26.92%), Net Carbohydrates: 75.47g (27.44%), Sugar: 3.55g (3.95%), Cholesterol: 143.51mg (47.84%), Sodium: 524.61mg (22.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 61.33g (122.66%), Selenium: 127.18µg (181.69%), Vitamin B12: 8.16µg (135.99%), Vitamin B3: 27mg (135.02%), Vitamin B6: 2.44mg (121.87%), Vitamin B1: 1.45mg (96.68%), Folate: 368.81µg (92.2%), Manganese: 1.53mg (76.48%), Phosphorus: 699.59mg (69.96%), Vitamin C: 56.75mg (68.78%), Vitamin B2: 1.09mg (64.09%), Vitamin B5: 5.39mg (53.94%), Potassium: 1766.06mg (50.46%), Iron: 8.47mg (47.06%), Copper: 0.93mg (46.36%), Vitamin K: 32.61µg (31.05%), Magnesium: 116.39mg (29.1%), Zinc: 3.46mg (23.05%), Fiber: 5.28g (21.12%), Vitamin A: 728.73IU (14.57%), Calcium: 128.69mg (12.87%), Vitamin E: 0.53mg (3.55%)