



Rosemary-Rubbed Side of Salmon with Roasted Potatoes, Parsnips, and Mushrooms



Gluten Free



Dairy Free



Very Healthy

READY IN



85 min.

SERVINGS



10

CALORIES



392 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons pepper black freshly ground
- ☐ 4 teaspoons kosher salt
- ☐ 1 pound crimini mushrooms assorted halved quartered (baby bella)
- ☐ 1.5 cups rosemary leaves fresh loosely packed
- ☐ 6 tablespoons olive oil divided
- ☐ 1 pound parsnips peeled cut into 3/4-inch pieces
- ☐ 0.3 cup wine dry red

- ☐ 3.5 pound salmon whole with skin
- ☐ 1 pound potatoes cut into 3/4-inch pieces

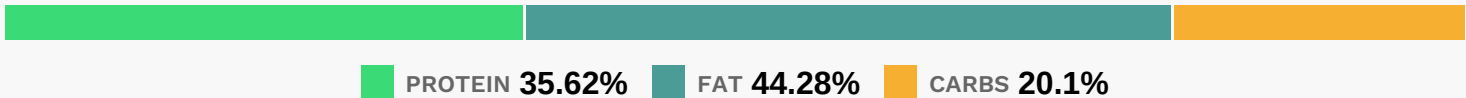
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Blend rosemary, salt, and pepper in processor until finely chopped. With machine running, gradually add 4 tablespoons oil; process to coarse paste.
- ☐ Position 1 rack in top third and 1 rack in bottom third of oven; preheat to 450°F. Toss potatoes, parsnips, 2 tablespoons oil, and 3 tablespoons rosemary mixture in large bowl.
- ☐ Transfer vegetable mixture to rimmed baking sheet, arranging in even layer. Roast vegetables on lower rack 20 minutes.
- ☐ Line large rimmed baking sheet with parchment.
- ☐ Place salmon, skin side down, on sheet.
- ☐ Spread with remaining rosemary mixture. Toss mushrooms with vegetable mixture. Return vegetable mixture to lower rack; place salmon on upper rack. Roast salmon until just opaque in center and vegetables until tender, about 20 minutes.
- ☐ Line platter with salad greens; place salmon on top of greens.
- ☐ Transfer vegetables to serving bowl.
- ☐ Place vegetable baking sheet over 2 burners on high heat.
- ☐ Add wine and bring to boil, scraping up browned bits.
- ☐ Drizzle juices over salmon.

Nutrition Facts



Properties

Glycemic Index:16.77, Glycemic Load:8.94, Inflammation Score:-8, Nutrition Score:32.583913204463%

Flavonoids

Petunidin: 0.27mg, Petunidin: 0.27mg, Petunidin: 0.27mg, Petunidin: 0.27mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Malvidin: 2.1mg, Malvidin: 2.1mg, Malvidin: 2.1mg, Malvidin: 2.1mg Peonidin: 0.15mg, Peonidin: 0.15mg, Peonidin: 0.15mg, Peonidin: 0.15mg Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg Epicatechin: 0.85mg, Epicatechin: 0.85mg, Epicatechin: 0.85mg, Epicatechin: 0.85mg Naringenin: 1.01mg, Naringenin: 1.01mg, Naringenin: 1.01mg, Naringenin: 1.01mg 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: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg

Nutrients (% of daily need)

Calories: 391.57kcal (19.58%), Fat: 18.94g (29.14%), Saturated Fat: 2.88g (17.99%), Carbohydrates: 19.34g (6.45%), Net Carbohydrates: 15.17g (5.52%), Sugar: 3.31g (3.68%), Cholesterol: 87.32mg (29.11%), Sodium: 1011.33mg (43.97%), Alcohol: 0.84g (100%), Alcohol %: 0.33% (100%), Protein: 34.27g (68.55%), Selenium: 70.71µg (101.02%), Vitamin B12: 5.09µg (84.9%), Vitamin B6: 1.54mg (76.9%), Vitamin B3: 15.04mg (75.2%), Vitamin B2: 0.87mg (51.15%), Phosphorus: 433.31mg (43.33%), Potassium: 1374.83mg (39.28%), Vitamin B5: 3.77mg (37.67%), Copper: 0.75mg (37.27%), Vitamin B1: 0.48mg (32.06%), Manganese: 0.51mg (25.28%), Folate: 93.16µg (23.29%), Vitamin C: 17.53mg (21.25%), Magnesium: 78.1mg (19.53%), Fiber: 4.16g (16.66%), Vitamin K: 16.78µg (15.98%), Iron: 2.44mg (13.53%), Zinc: 1.96mg (13.06%), Vitamin E: 1.9mg (12.66%), Calcium: 64.26mg (6.43%), Vitamin A: 185.02IU (3.7%)