



Salmon and Asparagus in a Bag



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



255 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound asparagus spears trimmed
- ☐ 1 tablespoon capers
- ☐ 1 tablespoon dill weed dried
- ☐ 4 servings salt and ground pepper black to taste
- ☐ 1 tablespoon juice of lemon
- ☐ 2 tablespoons olive oil
- ☐ 0.3 cup onion diced red
- ☐ 1 pound salmon fillet skinless

- ☐ 1 cup pkt spinach sliced
- ☐ 0.3 cup water

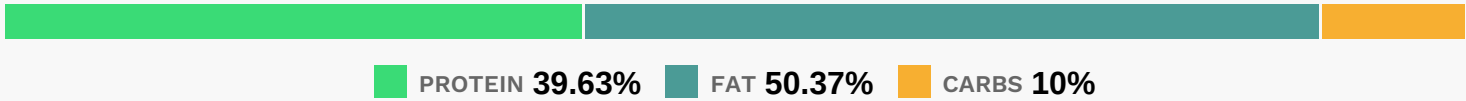
Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ baking pan
- ☐ aluminum foil
- ☐ microwave

Directions

- ☐ Preheat oven to 450 degrees F (230 degrees C).
- ☐ Place asparagus and water in a covered, microwave-safe, and vented bowl; steam in the microwave for 5 minutes.
- ☐ Rub salmon with olive oil, 1 tablespoon lemon juice, dill weed, salt, and black pepper; place in a foil oven bag. Toss spinach, capers, red onion, and asparagus with salt, black pepper, and 1 tablespoon lemon juice in the foil oven bag.
- ☐ Place vegetables on top of salmon. Fold foil bag closed and place in a baking dish.
- ☐ Bake in the preheated oven until salmon flakes easily with a fork, about 30 minutes. Carefully split bag open with a knife to release steam.

Nutrition Facts



Properties

Glycemic Index:30.75, Glycemic Load:0.9, Inflammation Score:-9, Nutrition Score:28.269565250563%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg 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: 0.07mg,

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 6.96mg, Isorhamnetin: 6.96mg, Isorhamnetin: 6.96mg, Isorhamnetin: 6.96mg Kaempferol: 4.75mg, Kaempferol: 4.75mg, Kaempferol: 4.75mg, Kaempferol: 4.75mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 21.65mg, Quercetin: 21.65mg, Quercetin: 21.65mg

Nutrients (% of daily need)

Calories: 254.74kcal (12.74%), Fat: 14.43g (22.2%), Saturated Fat: 2.14g (13.39%), Carbohydrates: 6.45g (2.15%), Net Carbohydrates: 3.53g (1.28%), Sugar: 2.69g (2.99%), Cholesterol: 62.37mg (20.79%), Sodium: 116.36mg (5.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.54g (51.08%), Vitamin K: 88.31µg (84.1%), Selenium: 44.16µg (63.08%), Vitamin B12: 3.61µg (60.1%), Vitamin B6: 1.07mg (53.64%), Vitamin B3: 10.13mg (50.63%), Vitamin B2: 0.61mg (36.08%), Vitamin A: 1653.53IU (33.07%), Phosphorus: 297.07mg (29.71%), Vitamin B1: 0.43mg (28.89%), Copper: 0.53mg (26.35%), Folate: 104.99µg (26.25%), Potassium: 872.04mg (24.92%), Iron: 4.01mg (22.27%), Vitamin B5: 2.22mg (22.22%), Vitamin E: 2.47mg (16.45%), Manganese: 0.32mg (16.09%), Magnesium: 60.27mg (15.07%), Vitamin C: 11.11mg (13.47%), Fiber: 2.92g (11.68%), Zinc: 1.43mg (9.54%), Calcium: 65.91mg (6.59%)