



 **51%**
HEALTH SCORE

Salmon and Couscous Bake



Gluten Free



Dairy Free



Low Fod Map

READY IN



15 min.

SERVINGS



4

CALORIES



486 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound salmon fillet
- 5.6 ounces pinenuts toasted
- 1.5 cups water hot
- 1 tablespoon vegetable oil
- 1 tablespoon juice of lemon
- 0.5 teaspoon dill dried
- 1 small zucchini coarsely chopped
- 1 small to 3 sized squashes yellow coarsely chopped

- 0.3 teaspoon dill dried
- 1 serving pinenuts toasted

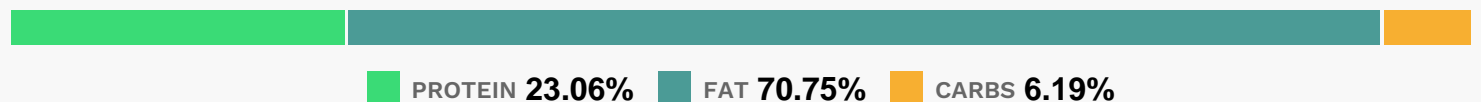
Equipment

- oven
- baking pan

Directions

- Heat oven to 350°. Spray square baking dish, 8x8x2 inches, with cooking spray.
- Cut fish into 4 serving pieces.
- Stir couscous, seasoning packet from couscous mix, water, oil, lemon juice, 1/2 teaspoon dill weed, the zucchini and summer squash in baking dish.
- Place fish on couscous mixture.
- Sprinkle fish with 1/4 teaspoon dill weed.
- Cover and bake 20 to 25 minutes or until liquid is absorbed and fish flakes easily with fork.
- Sprinkle with pine nuts.

Nutrition Facts



Properties

Glycemic Index:11.75, Glycemic Load:0.31, Inflammation Score:-7, Nutrition Score:31.398695717687%

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 Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 486.05kcal (24.3%), Fat: 39.61g (60.94%), Saturated Fat: 3.74g (23.36%), Carbohydrates: 7.8g (2.6%), Net Carbohydrates: 5.58g (2.03%), Sugar: 3g (3.33%), Cholesterol: 62.37mg (20.79%), Sodium: 58.55mg (2.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.04g (58.09%), Manganese: 3.84mg (192.17%), Vitamin B12: 3.61µg (60.1%), Selenium: 41.81µg (59.72%), Vitamin B3: 11.05mg (55.25%), Vitamin B6: 1.08mg (54.23%),

Phosphorus: 493.12mg (49.31%), Copper: 0.89mg (44.34%), Magnesium: 151.06mg (37.77%), Vitamin B2: 0.6mg (35.14%), Vitamin K: 31.15µg (29.66%), Vitamin B1: 0.44mg (29.26%), Vitamin E: 4.29mg (28.61%), Potassium: 971.87mg (27.77%), Zinc: 3.64mg (24.29%), Vitamin B5: 2.13mg (21.3%), Iron: 3.55mg (19.71%), Folate: 59.08µg (14.77%), Vitamin C: 12.18mg (14.76%), Fiber: 2.22g (8.87%), Vitamin A: 186.79IU (3.74%), Calcium: 35.73mg (3.57%)