



Salmon and Fennel with Roasted-Lemon Vinaigrette



Gluten Free



Dairy Free



Very Healthy

READY IN



15 min.

SERVINGS



4

CALORIES



409 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 bulbs fennel thinly sliced
- ☐ 1 teaspoon rosemary fresh chopped
- ☐ 4 cloves garlic unpeeled
- ☐ 1 teaspoon honey
- ☐ 4 servings kosher salt and pepper black
- ☐ 2 lemons cut in half crosswise
- ☐ 8 cups greens mixed

- ☐ 3 tablespoons olive oil
- ☐ 24 ounce salmon fillet skinless

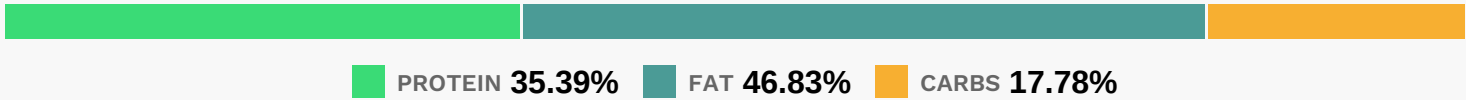
Equipment

- ☐ bowl
- ☐ oven
- ☐ roasting pan

Directions

- ☐ Heat oven to 400 F. In a large roasting pan, toss the fennel, lemons, garlic, 1 tablespoon of the oil, and 1/4 teaspoon each salt and pepper. Roast until the fennel begins to soften, about 8 minutes. Season the salmon with 1/2 teaspoon salt and 1/4 teaspoon pepper and nestle in the fennel. Roast until the salmon is opaque throughout, 12 to 15 minutes. Squeeze the garlic out of the skins into a small bowl and mash to a paste. Squeeze the lemon pulp and juice into the bowl. Stir in the honey, rosemary, the remaining 2 tablespoons of oil, and 1/4 teaspoon salt.
- ☐ Place the salmon and fennel on the greens.
- ☐ Drizzle with the dressing. Make Ahead: This dish is also delicious served at room temperature. Roast the fish, fennel, and lemon and make the dressing in advance. Dress the greens and the fish just before serving.

Nutrition Facts



Properties

Glycemic Index:38.19, Glycemic Load:4.14, Inflammation Score:-8, Nutrition Score:38.125217810921%

Flavonoids

Eriodictyol: 12.8mg, Eriodictyol: 12.8mg, Eriodictyol: 12.8mg, Eriodictyol: 12.8mg Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.04mg, Luteolin: 1.04mg, Luteolin: 1.04mg, Luteolin: 1.04mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg

Nutrients (% of daily need)

Calories: 408.91kcal (20.45%), Fat: 21.75g (33.47%), Saturated Fat: 3.26g (20.35%), Carbohydrates: 18.59g (6.2%), Net Carbohydrates: 13.38g (4.87%), Sugar: 7.41g (8.24%), Cholesterol: 93.55mg (31.18%), Sodium: 352.15mg (15.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.99g (73.98%), Selenium: 63.88µg (91.26%), Vitamin B12: 5.41µg (90.15%), Vitamin B6: 1.59mg (79.56%), Vitamin K: 79.85µg (76.05%), Vitamin C: 62.17mg (75.36%), Vitamin B3: 14.64mg (73.18%), Phosphorus: 443.21mg (44.32%), Potassium: 1543.23mg (44.09%), Vitamin B2: 0.74mg (43.45%), Vitamin B5: 3.32mg (33.2%), Vitamin B1: 0.45mg (29.85%), Copper: 0.57mg (28.61%), Folate: 109.81µg (27.45%), Vitamin A: 1146.5IU (22.93%), Manganese: 0.44mg (21.84%), Fiber: 5.21g (20.84%), Magnesium: 83.15mg (20.79%), Iron: 3.16mg (17.57%), Vitamin E: 2.27mg (15.16%), Calcium: 108.02mg (10.8%), Zinc: 1.56mg (10.42%)