



 **99%**
HEALTH SCORE

Salmon Baked in Foil

 **Gluten Free**  **Dairy Free**  **Very Healthy**  **Popular**

READY IN



40 min.

SERVINGS



4

CALORIES



264 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 14 ounce canned tomatoes drained chopped canned
- 1 teaspoon thyme leaves dried
- 2 tablespoons juice of lemon fresh
- 2 teaspoons olive oil plus 2 tablespoons
- 1 teaspoon oregano dried
- 20 ounces salmon fillet
- 4 servings salt and pepper black freshly ground
- 2 shallots chopped

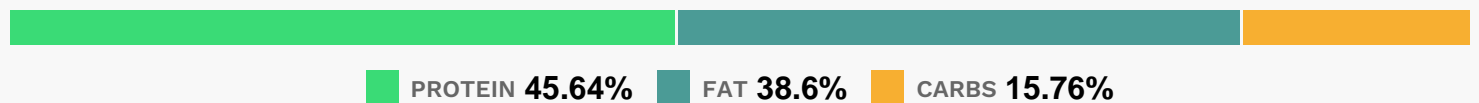
Equipment

- bowl
- baking sheet
- oven
- aluminum foil
- spatula

Directions

- Watch how to make this recipe.
- Preheat the oven to 400 degrees F.
- Sprinkle salmon with 2 teaspoons olive oil, salt, and pepper. Stir the tomatoes, shallots, 2 tablespoons of oil, lemon juice, oregano, thyme, salt and pepper in a medium bowl to blend.
- Place a salmon fillet, oiled side down, atop a sheet of foil. Wrap the ends of the foil to form a spiral shape. Spoon the tomato mixture over the salmon. Fold the sides of the foil over the fish and tomato mixture, covering completely; seal the packets closed.
- Place the foil packet on a heavy large baking sheet. Repeat until all of the salmon have been individually wrapped in foil and placed on the baking sheet.
- Bake until the salmon is just cooked through, about 25 minutes. Using a large metal spatula, transfer the foil packets to plates and serve.

Nutrition Facts



Properties

Glycemic Index:26.25, Glycemic Load:2.56, Inflammation Score:-8, Nutrition Score:25.837826003199%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 263.63kcal (13.18%), Fat: 11.34g (17.44%), Saturated Fat: 1.73g (10.8%), Carbohydrates: 10.42g (3.47%), Net Carbohydrates: 7.78g (2.83%), Sugar: 5.56g (6.18%), Cholesterol: 77.96mg (25.99%), Sodium: 195.24mg (8.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.17g (60.33%), Vitamin B12: 4.51µg (75.13%), Selenium: 52.53µg (75.04%), Vitamin B6: 1.36mg (68.09%), Vitamin B3: 12.42mg (62.11%), Vitamin B2: 0.6mg (35.16%), Phosphorus: 324.75mg (32.47%), Potassium: 1044.45mg (29.84%), Copper: 0.55mg (27.74%), Vitamin B1: 0.41mg (27.09%), Vitamin B5: 2.69mg (26.87%), Iron: 3.09mg (17.19%), Magnesium: 66.1mg (16.52%), Vitamin C: 13.17mg (15.96%), Manganese: 0.3mg (14.95%), Folate: 55.97µg (13.99%), Vitamin K: 14.12µg (13.45%), Vitamin E: 1.66mg (11.04%), Fiber: 2.64g (10.55%), Zinc: 1.26mg (8.39%), Calcium: 68.99mg (6.9%), Vitamin A: 289.53IU (5.79%)