



Salmon Fillet with Citrus and Thyme



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



270 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 sprigs thyme leaves fresh
- ☐ 8 servings kosher salt and pepper
- ☐ 1 optional: lemon thinly sliced
- ☐ 1 tablespoon olive oil
- ☐ 1 cranberry-orange relish thinly sliced
- ☐ 3 pound salmon fillet skinless

Equipment

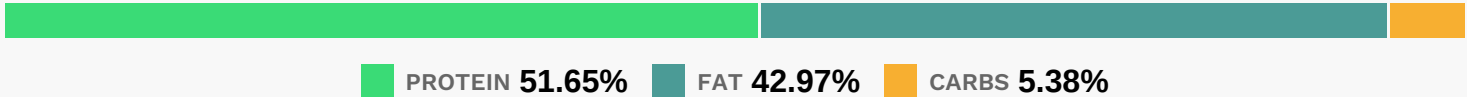
- ☐ baking sheet

- ☐ oven
- ☐ spatula

Directions

- ☐ Heat oven to 375 F.
- ☐ Place the salmon on a parchment-lined baking sheet, drizzle with the oil, and season with 3/4 teaspoon salt and 1/2 teaspoon pepper. Scatter the orange, lemon, and thyme around the salmon. Roast until the salmon is opaque throughout, 20 to 25 minutes. Using 2 large spatulas, carefully transfer the salmon to a platter and scatter the orange, lemon, and thyme on top of it. Make-Ahead Tip: Slice the oranges and lemons. Refrigerate in a resealable container or bag for up to 1 day.

Nutrition Facts



Properties

Glycemic Index:14.13, Glycemic Load:0.95, Inflammation Score:-9, Nutrition Score:25.093912881354%

Flavonoids

Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg Hesperetin: 8.23mg, Hesperetin: 8.23mg, Hesperetin: 8.23mg, Hesperetin: 8.23mg Naringenin: 2.58mg, Naringenin: 2.58mg, Naringenin: 2.58mg, Naringenin: 2.58mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.97mg, Luteolin: 0.97mg, Luteolin: 0.97mg, Luteolin: 0.97mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 270.13kcal (13.51%), Fat: 12.62g (19.41%), Saturated Fat: 1.92g (12.03%), Carbohydrates: 3.56g (1.19%), Net Carbohydrates: 2.58g (0.94%), Sugar: 1.87g (2.08%), Cholesterol: 93.55mg (31.18%), Sodium: 269.07mg (11.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.13g (68.27%), Vitamin B12: 5.41µg (90.15%), Selenium: 62.22µg (88.89%), Vitamin B6: 1.42mg (70.86%), Vitamin B3: 13.46mg (67.28%), Vitamin B2: 0.66mg (38.98%), Phosphorus: 346.24mg (34.62%), Vitamin B5: 2.9mg (29.03%), Vitamin B1: 0.4mg (26.99%), Potassium: 890.94mg (25.46%), Copper: 0.45mg (22.3%), Vitamin C: 18.27mg (22.14%), Magnesium: 54.45mg (13.61%), Folate: 49.6µg (12.4%), Iron: 1.73mg (9.62%), Zinc: 1.14mg (7.57%), Fiber: 0.98g (3.92%), Calcium: 36.68mg (3.67%), Vitamin A: 179.12IU (3.58%), Manganese: 0.06mg (3.08%), Vitamin E: 0.3mg (2.01%)