



Salmon Provencal



Gluten Free



Dairy Free



Very Healthy



Popular

READY IN



30 min.

SERVINGS



4

CALORIES



335 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 large plum tomatoes coarsely chopped
- ☐ 3 shallots coarsely chopped
- ☐ 1 tablespoon tarragon fresh chopped
- ☐ 1 tablespoon basil fresh chopped
- ☐ 1 tablespoon chives fresh chopped
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 tablespoon balsamic vinegar
- ☐ 4 servings salt

- ☐ 2 tablespoons olive oil extra virgin
- ☐ 4 fillet salmon
- ☐ 4 servings pepper black freshly ground

Equipment

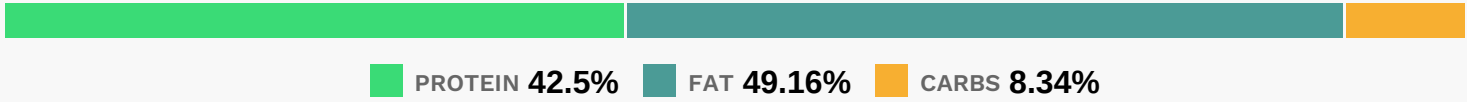
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ pot

Directions

- ☐ Preheat oven to 400°F.
- ☐ Blanch the tomatoes, then peel, core and dice: Blanch the tomatoes by first scoring the ends with a sharp knife, and then plunging them into a pot of simmering salted water for 15–30 seconds.
- ☐ Then put them into ice water for 1 minute.
- ☐ Drain the tomatoes and peel off and discard the skin.
- ☐ Cut the tomatoes into quarters, remove the core and seeds, and dice the flesh.
- ☐ Combine tomatoes, herbs, olive oil, salt: In a large bowl combine the tomatoes, tarragon, basil, chives and olive oil.
- ☐ Add salt to taste.
- ☐ Whisk together lemon juice, vinegar, shallots: In another bowl, whisk together the lemon juice, vinegar, and shallots (the acid in the lemon juice and vinegar will help take the sharp edge off of the shallots).
- ☐ Bake the salmon fillets: Arrange salmon fillets on an oiled baking sheet without crowding.
- ☐ Drizzle with olive oil and season lightly with salt.
- ☐ Bake until salmon is barely cooked through and lightly browned on the edges, 8–12 minutes, depending on the thickness of the salmon fillets.

- ☐ Mix dressing with tomato mixture, serve with salmon: To serve, mix the shallot mixture with the tomato mixture, and spoon a couple tablespoons around each fillet.
- ☐ Sprinkle the salmon with freshly ground black pepper.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:83.75, Glycemic Load:2.13, Inflammation Score:-7, Nutrition Score:27.81260869814%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 335.25kcal (16.76%), Fat: 18.04g (27.75%), Saturated Fat: 2.69g (16.79%), Carbohydrates: 6.89g (2.3%), Net Carbohydrates: 5.54g (2.01%), Sugar: 3.41g (3.79%), Cholesterol: 93.5mg (31.17%), Sodium: 275.41mg (11.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.09g (70.18%), Vitamin B12: 5.41µg (90.1%), Selenium: 62.37µg (89.1%), Vitamin B6: 1.54mg (76.92%), Vitamin B3: 13.85mg (69.23%), Vitamin B2: 0.68mg (40.24%), Phosphorus: 369.82mg (36.98%), Potassium: 1072.16mg (30.63%), Vitamin B5: 2.93mg (29.34%), Vitamin B1: 0.42mg (27.92%), Copper: 0.49mg (24.35%), Magnesium: 65.94mg (16.49%), Folate: 62.54µg (15.63%), Manganese: 0.3mg (15.09%), Iron: 2.39mg (13.26%), Vitamin C: 10.72mg (13%), Vitamin A: 589.39IU (11.79%), Vitamin K: 11.87µg (11.31%), Zinc: 1.33mg (8.84%), Vitamin E: 1.28mg (8.53%), Calcium: 55.43mg (5.54%), Fiber: 1.35g (5.4%)