



Salmon Steaks with Roasted Grape Tomatoes



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



2

CALORIES



526 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup basil chopped
- ☐ 2 teaspoons capers
- ☐ 2 garlic cloves
- ☐ 3 cups grape tomatoes
- ☐ 0.3 cup olive oil
- ☐ 2 salmon steaks
- ☐ 2 servings salt and pepper

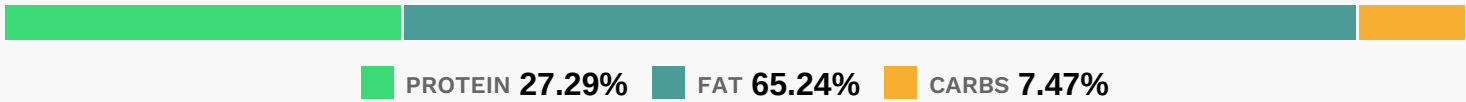
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ grill

Directions

☐ For the tomatoes: Preheat oven to 450 degrees F. In a medium bowl add the tomatoes, garlic cloves, olive oil and sprinkle with salt, pepper.In a baking dish, place the tomatoes and garlic cloves, ensuring they are in just 1 layer. Roast for about 30 minutes, add the basil and capers, then stir well. Set aside.To cook the salmon: Coat the salmon steaks lightly with oil, season with salt and pepper,Grill fish to medium rare, about 3 minutes per side. (Fish should be well colored on the outside and barely translucent at the center.

Nutrition Facts



Properties

Glycemic Index:69, Glycemic Load:2.59, Inflammation Score:-9, Nutrition Score:34.900434514751%

Flavonoids

Naringenin: 1.52mg, Naringenin: 1.52mg, Naringenin: 1.52mg, Naringenin: 1.52mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 2.84mg, Kaempferol: 2.84mg, Kaempferol: 2.84mg, Kaempferol: 2.84mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 4.8mg, Quercetin: 4.8mg, Quercetin: 4.8mg, Quercetin: 4.8mg

Nutrients (% of daily need)

Calories: 525.93kcal (26.3%), Fat: 38.28g (58.89%), Saturated Fat: 5.46g (34.16%), Carbohydrates: 9.86g (3.29%), Net Carbohydrates: 7.01g (2.55%), Sugar: 5.93g (6.58%), Cholesterol: 93.5mg (31.17%), Sodium: 336.32mg (14.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.03g (72.05%), Vitamin B12: 5.41µg (90.1%), Selenium: 62.51µg (89.3%), Vitamin B6: 1.61mg (80.59%), Vitamin B3: 14.75mg (73.75%), Vitamin K: 46.9µg (44.67%), Vitamin A: 2091.04IU (41.82%), Vitamin B2: 0.7mg (40.99%), Phosphorus: 400.11mg (40.01%), Potassium: 1384.69mg (39.56%), Vitamin C: 32.18mg (39.01%), Vitamin E: 5.14mg (34.26%), Vitamin B1: 0.47mg (31.62%), Vitamin B5: 3.05mg (30.52%), Copper: 0.58mg (29.25%), Folate: 78.61µg (19.65%), Magnesium: 77.22mg (19.3%), Manganese: 0.37mg (18.43%), Iron: 2.3mg (12.75%), Fiber: 2.86g (11.43%), Zinc: 1.53mg (10.23%), Calcium: 54.68mg (5.47%)