



Salmon with Fennel



Gluten Free



Dairy Free



Very Healthy

READY IN



75 min.

SERVINGS



15

CALORIES



511 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon pepper black freshly ground
- ☐ 2 tablespoons fennel fronds coarsely chopped
- ☐ 3 pounds fennel bulbs sliced
- ☐ 3 tablespoons thyme leaves fresh coarsely chopped
- ☐ 2 teaspoons kosher salt
- ☐ 0.5 cup olive oil good
- ☐ 2 tablespoons orange juice freshly squeezed
- ☐ 1 orange zest

- ☐ 10 pound salmon fresh
- ☐ 3 pounds onions yellow sliced

Equipment

- ☐ frying pan
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ cutting board
- ☐ kitchen twine

Directions

- ☐ Have the fishmonger cut the head and tail off the salmon and butterfly it, removing all the bones. You should have about 7 pounds of salmon.
- ☐ Preheat the oven to 500 degrees F.
- ☐ Saute the onions and fennel in the olive oil for 10 minutes on medium-high heat, stirring occasionally.
- ☐ Add the thyme leaves, fennel fronds, orange zest, orange juice, salt, and pepper and saute for 5 more minutes, until the onions and fennel are tender. Taste for salt and pepper.
- ☐ Lay the salmon, skin side down, on a cutting board and sprinkle both sides generously with salt and pepper.
- ☐ Spread the fennel filling over half of the salmon. Pull the other half up and over the filling, enclosing it. Tie the salmon every 2 inches with kitchen string to secure the stuffing.
- ☐ Place a sheet pan lined with parchment paper in the oven for 5 minutes to heat it. Carefully transfer the salmon to the hot sheet pan and bake it for exactly 30 minutes (10 minutes for each 1-inch of thickness). Do not overbake!
- ☐ Allow to cool slightly, then remove the strings. To serve, cut into thick slices with a very sharp knife. This salmon is delicious hot or at room temperature.
- ☐ Note: If you're making this in advance, be sure to cool the filling before stuffing the salmon. Refrigerate until ready to roast.

Nutrition Facts

 **PROTEIN 49.64%**  **FAT 37.53%**  **CARBS 12.83%**

Properties

Glycemic Index:16.4, Glycemic Load:3.83, Inflammation Score:-9, Nutrition Score:42.673478686291%

Flavonoids

Eriodictyol: 1mg, Eriodictyol: 1mg, Eriodictyol: 1mg, Eriodictyol: 1mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.66mg, Luteolin: 0.66mg, Luteolin: 0.66mg Isorhamnetin: 4.55mg, Isorhamnetin: 4.55mg, Isorhamnetin: 4.55mg, Isorhamnetin: 4.55mg Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 18.63mg, Quercetin: 18.63mg, Quercetin: 18.63mg, Quercetin: 18.63mg

Nutrients (% of daily need)

Calories: 510.7kcal (25.53%), Fat: 20.92g (32.19%), Saturated Fat: 3.3g (20.6%), Carbohydrates: 16.1g (5.37%), Net Carbohydrates: 11.37g (4.13%), Sugar: 7.68g (8.53%), Cholesterol: 166.32mg (55.44%), Sodium: 495.17mg (21.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 62.26g (124.52%), Vitamin B12: 9.62µg (160.27%), Selenium: 111.49µg (159.28%), Vitamin B6: 2.63mg (131.68%), Vitamin B3: 24.51mg (122.55%), Vitamin B2: 1.21mg (71.26%), Phosphorus: 679.69mg (67.97%), Potassium: 2014.53mg (57.56%), Vitamin K: 59.66µg (56.82%), Vitamin B5: 5.37mg (53.74%), Vitamin B1: 0.74mg (49.22%), Copper: 0.86mg (43.2%), Folate: 119.43µg (29.86%), Magnesium: 115.43mg (28.86%), Vitamin C: 22.3mg (27.03%), Iron: 3.57mg (19.81%), Manganese: 0.38mg (19.23%), Fiber: 4.73g (18.94%), Zinc: 2.31mg (15.37%), Calcium: 110.58mg (11.06%), Vitamin A: 322.11IU (6.44%), Vitamin E: 0.77mg (5.12%)