



 **100%**
HEALTH SCORE

Salmon with roasted vegetables

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

READY IN



45 min.

SERVINGS



2

CALORIES



496 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 potatoes
- 1 parsnips
- 1 carrots
- 1 onion sliced
- 150 g cherry tomatoes
- 2 fillet salmon fillet
- 1 tbsp olive oil
- 1 tsp juice of lemon

- 2 servings penzey's southwest seasoning for seasoning
- 2 tsp rosemary leaves fresh chopped

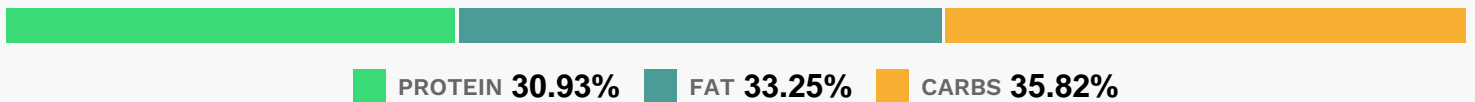
Equipment

- oven

Directions

- Season the salmon fillets with some salt, pepper and a pinch of paprika and keep aside.
- Preheat the oven to 200 C. Roughly dice the potatoes, parsnips and carrots and add to a roasting tray.
- Drizzle over the olive oil and season with salt and pepper.
- Mix well and roast for 15 minutes.
- Add in the onion and roast for a further 10–15 minutes
- Place the salmon fillets and tomatoes between the veg.
- Drizzle the lemon juice and sprinkle over the rosemary and thyme. Season lightly with salt and pepper and roast for 10–15 minutes or until the salmon and veg is cooked through.
- Serve with some green salad.

Nutrition Facts



Properties

Glycemic Index:107.29, Glycemic Load:21.01, Inflammation Score:-10, Nutrition Score:45.329130434783%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 1.29mg, Kaempferol: 1.29mg, Kaempferol: 1.29mg, Kaempferol: 1.29mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 13.28mg, Quercetin: 13.28mg, Quercetin: 13.28mg, Quercetin: 13.28mg

Taste

Sweetness: 35.99%, Saltiness: 100%, Sourness: 30.84%, Bitterness: 17.36%, Savoriness: 54.52%, Fattiness: 58.82%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 495.53kcal (24.78%), Fat: 18.41g (28.32%), Saturated Fat: 2.78g (17.38%), Carbohydrates: 44.62g (14.87%), Net Carbohydrates: 35.64g (12.96%), Sugar: 10.3g (11.44%), Cholesterol: 93.5mg (31.17%), Sodium: 121.03mg (5.26%), Protein: 38.53g (77.06%), Vitamin A: 5570.94IU (111.42%), Vitamin B6: 1.96mg (97.79%), Selenium: 64.49µg (92.13%), Vitamin B12: 5.41µg (90.1%), Vitamin B3: 15.84mg (79.22%), Vitamin C: 58.27mg (70.63%), Potassium: 1933.31mg (55.24%), Phosphorus: 505.5mg (50.55%), Vitamin B2: 0.77mg (45.56%), Manganese: 0.87mg (43.72%), Vitamin B1: 0.61mg (40.95%), Vitamin B5: 3.87mg (38.75%), Copper: 0.73mg (36.66%), Fiber: 8.99g (35.94%), Folate: 141.09µg (35.27%), Vitamin K: 36.24µg (34.51%), Magnesium: 115.67mg (28.92%), Iron: 3.82mg (21.23%), Vitamin E: 2.99mg (19.95%), Zinc: 2.16mg (14.4%), Calcium: 110.45mg (11.05%)