



Simple Salmon Supper

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



40 min.

SERVINGS



40

CALORIES



47 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 14 oz canned tomatoes diced drained canned
- 2.7 cups brown rice long-grain hot cooked
- 1 lb salmon fillet skinless
- 0.5 cup sun tomato vinaigrette dressing dried kraft
- 1 zucchini red yellow chopped

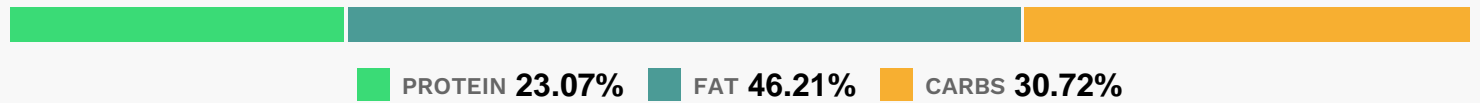
Equipment

- oven
- baking pan

Directions

- Heat oven to 375F.
- Combine zucchini, squash and peppers in 13x9-inch baking dish; top with fish.
- Mix tomatoes and dressing; spoon over fish.
- Bake 20 to 25 min. or until fish flakes easily with fork.
- Serve with rice.

Nutrition Facts



Properties

Glycemic Index:0.8, Glycemic Load:0.04, Inflammation Score:-1, Nutrition Score:2.9360869967419%

Flavonoids

Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 47.03kcal (2.35%), Fat: 2.42g (3.73%), Saturated Fat: 0.42g (2.64%), Carbohydrates: 3.62g (1.21%), Net Carbohydrates: 3.24g (1.18%), Sugar: 0.47g (0.52%), Cholesterol: 6.24mg (2.08%), Sodium: 19.96mg (0.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.72g (5.44%), Selenium: 5.48µg (7.83%), Manganese: 0.14mg (6.78%), Vitamin B6: 0.13mg (6.67%), Vitamin B12: 0.36µg (6.01%), Vitamin B3: 1.18mg (5.92%), Phosphorus: 37.22mg (3.72%), Vitamin B2: 0.06mg (3.46%), Vitamin K: 3.6µg (3.43%), Vitamin B1: 0.04mg (3%), Magnesium: 10.8mg (2.7%), Potassium: 92.9mg (2.65%), Copper: 0.05mg (2.53%), Vitamin B5: 0.25mg (2.45%), Vitamin C: 1.76mg (2.13%), Fiber: 0.39g (1.55%), Vitamin E: 0.22mg (1.48%), Iron: 0.26mg (1.44%), Folate: 5.57µg (1.39%), Zinc: 0.18mg (1.22%)