



Slow-Baked Salmon with Lemon and Thyme

 **Gluten Free**  **Dairy Free**  **Very Healthy**  **Low Fod Map**

READY IN



35 min.

SERVINGS



4

CALORIES



296 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon thyme sprigs fresh chopped
- 4 servings pepper black freshly ground
- 4 lemon wedges (for serving)
- 1 lemon zest
- 1.5 tablespoons olive oil extra virgin extra-virgin divided
- 24 ounces salmon fillet boneless

Equipment

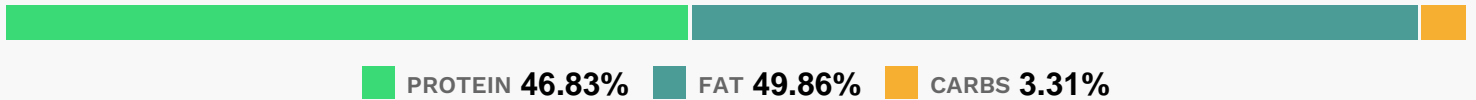
- bowl

- baking sheet
- oven
- aluminum foil

Directions

- Preheat oven to 275°F. Line a rimmed baking sheet with aluminum foil.
- Brush with 1/2 tablespoon oil.
- Place salmon fillets, skin side down, on prepared baking sheet.
- Mix remaining oil, thyme, and lemon zest in a small bowl.
- Spread thyme mixture over salmon fillets, dividing equally. Season with salt and pepper.
- Let stand 10 minutes to allow flavors to meld.
- Bake salmon until just opaque in center, 15–18 minutes.
- Serve with lemon wedges.
- Per serving: 308 calories, 16 g fat, 0.1 g fiber
- Bon Appétit

Nutrition Facts



Properties

Glycemic Index:25.63, Glycemic Load:0.39, Inflammation Score:-9, Nutrition Score:24.989130196364%

Flavonoids

Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 1.14mg, Luteolin: 1.14mg, Luteolin: 1.14mg, Luteolin: 1.14mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 295.89kcal (14.79%), Fat: 16.13g (24.81%), Saturated Fat: 2.41g (15.06%), Carbohydrates: 2.41g (0.8%), Net Carbohydrates: 1.48g (0.54%), Sugar: 0.51g (0.57%), Cholesterol: 93.55mg (31.18%), Sodium: 75.58mg (3.29%),

Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 34.08g (68.15%), Vitamin B12: 5.41µg (90.15%), Selenium: 62.17µg (88.82%), Vitamin B6: 1.41mg (70.74%), Vitamin B3: 13.43mg (67.13%), Vitamin B2: 0.66mg (38.8%), Phosphorus: 345.27mg (34.53%), Vitamin B5: 2.88mg (28.78%), Vitamin B1: 0.39mg (26.23%), Potassium: 872.75mg (24.94%), Copper: 0.44mg (22.22%), Vitamin C: 14.28mg (17.31%), Magnesium: 53.96mg (13.49%), Folate: 45.5µg (11.38%), Iron: 1.83mg (10.14%), Zinc: 1.14mg (7.57%), Vitamin E: 0.79mg (5.25%), Manganese: 0.08mg (3.77%), Fiber: 0.93g (3.73%), Calcium: 34.68mg (3.47%), Vitamin K: 3.32µg (3.17%), Vitamin A: 156.44IU (3.13%)