



Slow-Roasted Salmon with Fennel, Citrus, and Chiles



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



294 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pepper flakes red with seeds, thinly sliced
- ☐ 4 sprigs optional: dill plus more for serving
- ☐ 1 medium fennel bulb thinly sliced
- ☐ 6 servings pepper
- ☐ 1 optional: lemon seeds removed very thinly sliced
- ☐ 1 navel oranges seeds removed very thinly sliced
- ☐ 0.8 cup olive oil

- ☐ 2 pound salmon fillet skinless
- ☐ 6 servings sea salt (such as Maldon)

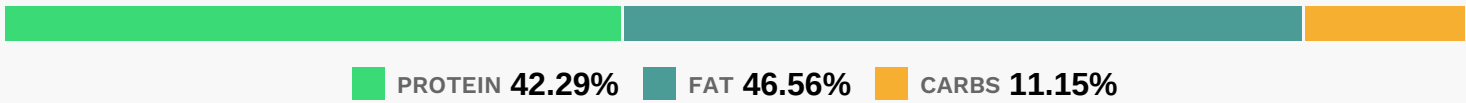
Equipment

- ☐ oven
- ☐ knife
- ☐ baking pan

Directions

- ☐ Preheat oven to 275°F. Toss fennel, orangeslices, lemon slices, chile, and 4 dill sprigsin a shallow 3–quart baking dish; season withkosher salt and pepper. Season salmonwith kosher salt and place on top of fennelmixture.
- ☐ Pour oil over.
- ☐ Roast until salmon is just cookedthrough (the tip of a knife will slide througheasily and flesh will be slightly opaque),30–40 minutes for medium–rare.
- ☐ Transfer salmon to a platter, breakingit into large pieces as you go. Spoon fennelmixture and oil from baking dish over;discard dill sprigs. Season with sea salt andpepper and top with fresh dill sprigs.
- ☐ Cod, halibut, John Dory, or turbot fillets

Nutrition Facts



Properties

Glycemic Index:27.08, Glycemic Load:1.3, Inflammation Score:–6, Nutrition Score:26.707391448643%

Flavonoids

Eriodictyol: 4.27mg, Eriodictyol: 4.27mg, Eriodictyol: 4.27mg, Eriodictyol: 4.27mg Hesperetin: 10.13mg, Hesperetin: 10.13mg, Hesperetin: 10.13mg, Hesperetin: 10.13mg Naringenin: 1.76mg, Naringenin: 1.76mg, Naringenin: 1.76mg, Naringenin: 1.76mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.42mg,

Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

Nutrients (% of daily need)

Calories: 294.49kcal (14.72%), Fat: 15.19g (23.37%), Saturated Fat: 2.28g (14.24%), Carbohydrates: 8.18g (2.73%), Net Carbohydrates: 5.82g (2.12%), Sugar: 4.36g (4.85%), Cholesterol: 83.16mg (27.72%), Sodium: 282.07mg (12.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.05g (62.09%), Vitamin B12: 4.81µg (80.13%), Selenium: 55.58µg (79.39%), Vitamin B6: 1.33mg (66.32%), Vitamin B3: 12.35mg (61.74%), Vitamin C: 38.9mg (47.15%), Vitamin B2: 0.61mg (35.86%), Phosphorus: 333.61mg (33.36%), Potassium: 992.46mg (28.36%), Vitamin K: 28.96µg (27.58%), Vitamin B5: 2.72mg (27.19%), Vitamin B1: 0.37mg (24.95%), Copper: 0.43mg (21.54%), Folate: 60.18µg (15.05%), Magnesium: 56.46mg (14.11%), Iron: 1.76mg (9.78%), Fiber: 2.37g (9.47%), Vitamin E: 1.12mg (7.46%), Zinc: 1.1mg (7.32%), Manganese: 0.14mg (6.99%), Calcium: 53.91mg (5.39%), Vitamin A: 256.57IU (5.13%)