



Spiced roast side of salmon



Gluten Free



Dairy Free



Very Healthy

READY IN



30 min.

SERVINGS



6

CALORIES



388 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 kg salmon
- ☐ 1 tbsp olive oil for brushing
- ☐ 0.5 tsp ground ginger
- ☐ 1 tsp paprika
- ☐ 0.5 tsp peppercorns black
- ☐ 1 tbsp coarse mustard
- ☐ 1 tsp honey
- ☐ 1 optional: lemon cut into wedges, to serve

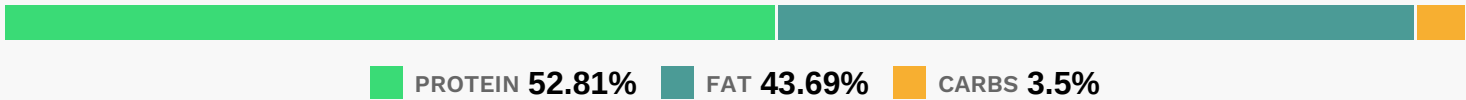
Equipment

- ☐ oven
- ☐ knife
- ☐ aluminum foil

Directions

- ☐ Heat oven to 200C/180C fan/gas
- ☐ Line a big roasting tin with baking parchment or foil this helps to prevent the fish from sticking to the tin as it cooks.
- ☐ Brush the salmon skin with oil and place it, skin-side down, on the paper.
- ☐ Mix the ground ginger with the paprika, pepper, mustard, honey and 1 tbsp olive oil.
- ☐ Spread it evenly over the fleshy side of the fish.
- ☐ Roast, uncovered, for about 20 mins until the salmon is cooked through check by poking a knife into the fillet and making sure the fish flakes easily.
- ☐ Serve directly from the tin, or use a couple of fish slices to carefully lift the salmon onto a big plate. Slice into portions and serve with lemon wedges on the side.

Nutrition Facts



Properties

Glycemic Index:26.13, Glycemic Load:0.86, Inflammation Score:-6, Nutrition Score:32.731739085654%

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 Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg 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: 388.42kcal (19.42%), Fat: 18.39g (28.29%), Saturated Fat: 2.81g (17.53%), Carbohydrates: 3.32g (1.11%), Net Carbohydrates: 2.46g (0.89%), Sugar: 1.49g (1.66%), Cholesterol: 137.5mg (45.83%), Sodium: 138.33mg (6.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 50.01g (100.03%), Vitamin B12: 7.95µg (132.5%), Selenium: 92.31µg (131.87%), Vitamin B6: 2.07mg (103.58%), Vitamin B3: 19.74mg (98.7%), Vitamin B2: 0.96mg (56.55%), Phosphorus: 507.66mg (50.77%), Vitamin B5: 4.22mg (42.18%), Vitamin B1: 0.58mg (38.58%), Potassium: 1269.81mg (36.28%), Copper: 0.64mg (32.11%), Magnesium: 76.79mg (19.2%), Folate: 64.95µg (16.24%), Iron: 2.31mg (12.84%), Vitamin C: 9.56mg (11.59%), Zinc: 1.66mg (11.04%), Manganese: 0.16mg (7.98%), Vitamin A: 296.59IU (5.93%), Calcium: 39.02mg (3.9%), Fiber: 0.86g (3.45%), Vitamin E: 0.49mg (3.25%), Vitamin K: 2.35µg (2.24%)