

## Mediterranean Baked Salmon

🕒 30 min 🍽️ 4 servings

*Per serving:* 352 Kcal 36g Protein 21g Fat 4g Carbs

### Ingredients

- Feta cheese, 1/4 cup (39.2 g)
- Lemon juice, 1 tablespoon (14.7 g)
- Basil, 1 teaspoon (1 g)
- Oregano, 1 teaspoons (2 g)
- Salt, 1/2 teaspoon (2.9 g)
- Olive oil, 2 tablespoon (27 g)
- Garlic, 2 cloves (6 g)
- Salmon, 4 fillet (680 g)
- Pepper, 1/4 tsp (0.5 g)
- Cherry tomatoes, 1 cup (149 g)
- Kalamata olives, 1/4 cup (33.8 g)
- Parsley, 1 tbsp (3.8 g)



### Instructions

Preheat the oven to 400°F (200°C).

In a small bowl, whisk together the olive oil, lemon juice, minced garlic, dried oregano, dried basil, salt, and black pepper.

Place the salmon fillets in a baking dish and pour the marinade over them. Make sure the salmon is coated evenly.

Arrange the cherry tomatoes and Kalamata olives around the salmon fillets.

Bake in the preheated oven for 15-20 minutes, or until the salmon is cooked through and flakes easily with a fork.

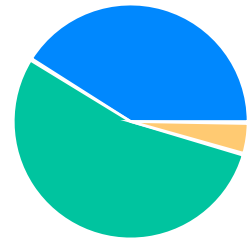
Sprinkle the crumbled feta cheese over the salmon and vegetables. Return to the oven for an additional 2-3 minutes, or until the cheese is slightly melted.

Garnish with fresh parsley and serve hot.

Enjoy your Mediterranean Baked Salmon!

## Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1405.9	146.5	351.5
Protein [g]	143.3	14.9	35.8
Fat [g]	84	8.8	21
Carbs [g]	14.3	1.5	3.6
Fiber [g]	3.8	0.4	1
Net Carbs [g]	10.5	1.1	2.6



41 % Protein 55 % Fat 4 % Carbs

## Micronutrient summary

	TOTAL	/100 G	/SERVING
Sugars [g]	6.1	0.6	1.5
Fiber [g]	3.8	0.4	1
Calcium, Ca [mg]	383.4	39.9	95.9
Iron, Fe [mg]	9.1	0.9	2.3
Magnesium, Mg [mg]	239.5	25	59.9
Phosphorus, P [mg]	1554.2	161.9	388.6
Potassium, K [mg]	3814.2	397.4	953.6
Sodium, Na [mg]	2325	242.2	581.3
Zinc, Zn [mg]	6	0.6	1.5
Vitamin A, RAE [ug]	67.1	7	16.8
Vitamin E [mg]	6.6	0.7	1.7
Vitamin D [ug]	0.2	0	0.1
Vitamin C [mg]	46.5	4.9	11.7
Thiamin [mg]	1.7	0.2	0.4
Riboflavin [mg]	3	0.3	0.8
Niacin [mg]	55	5.7	13.8
Vitamin B6 [mg]	6	0.6	1.5
Vitamin B12 [ug]	22.3	2.3	5.6
Vitamin K [ug]	114.5	11.9	28.6
Tryptophan [g]	0.1	0	0
Threonine [g]	0.3	0	0.1

Isoleucine [g]	0.4	0	0.1
Leucine [g]	0.6	0.1	0.2
Lysine [g]	0.5	0.1	0.1
Methionine [g]	0.2	0	0.1
Cystine [g]	0	0	0
Tyrosine [g]	0.3	0	0.1
Fatty acids, total trans [g]	0	0	0
Sat Fat [g]	17	1.8	4.3