

Mediterranean Salmon

🕒 25 min 🍽️ 4 servings

383 *Kcal / serving*

37g **Protein** 13g **Fat** 28g **Carbs**

Ingredients

- **Garlic**, 4 clove (12 g)
- **Capers**, 1/4 cup (45.7 g)
- **Brown rice**, 2 cup (390 g)
- **Salmon**, 4 fillet (680 g)
- **Salt and pepper**, 4 serving (2 g)
- **Parsley**, 4 tablespoon (16 g)
- **Cherry tomatoes**, 1 cup (148.9 g)
- **Bell peppers**, 1/2 cup (71.6 g)
- **Olives**, 1/4 cup (35.1 g)



Instructions

Preheat the oven to 400°F (200°C).

Place the salmon fillets in a baking dish and season with salt and pepper.

In a bowl, combine the cherry tomatoes, capers, black olives, bell peppers, and minced garlic. Toss well to mix.

Spread the tomato mixture evenly over the salmon fillets.

Cover the baking dish with foil and bake for 15 minutes.

Remove the foil and continue baking for another 5-7 minutes, or until the salmon is cooked through.

While the salmon is baking, reheat the cooked brown rice.

Serve the Mediterranean salmon over the brown rice and garnish with fresh parsley.

Enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1532.9	109.4	383.2
Protein [g]	148.8	10.6	37.2
Fat [g]	52.7	3.8	13.2
Carbs [g]	110.5	7.9	27.6
Fiber [g]	13	0.9	3.3



Macronutrient breakdown per ingredient (per serving)

	ENERGY [KCAL]	PROTEIN [G]	FAT [G]	CARBS [G]	FIBER [G]
Garlic 4 clove (12 g)	4.5	0.2	-	1	0.1
Capers 1/4 cup (45.7 g)	2.6	0.3	0.1	0.6	0.4
Brown rice 2 cup (390 g)	109.2	2.3	0.8	22.9	1.8
Salmon 4 fillet (680 g)	241.4	33.7	10.8	-	-
Salt and pepper 4 serving (2 g)	-	-	-	-	-
Parsley 4 tablespoon (16 g)	1.5	0.1	-	0.3	0.1
Cherry tomatoes 1 cup (148.9 g)	6.7	0.4	0.1	1.5	0.3
Bell peppers 1/2 cup (71.6 g)	4.7	0.2	0.1	1.1	0.4
Olives 1/4 cup (35.1 g)	12.8	0.1	1.4	0.3	0.3

Micronutrient summary

	TOTAL	/100 G	/SERVING
Sugars [g]	7.3	0.5	1.8
Fiber [g]	13	0.9	3.3

Calcium, Ca [mg]	222.8	15.9	55.7
Iron, Fe [mg]	11	0.8	2.8
Magnesium, Mg [mg]	420.7	30	105.2
Phosphorus, P [mg]	1754.2	125.2	438.6
Potassium, K [mg]	4285.7	305.8	1071.4
Sodium, Na [mg]	2728.6	194.7	682.2
Zinc, Zn [mg]	7.6	0.5	1.9
Copper, Cu [mg]	2.4	0.2	0.6
Manganese, Mn [mg]	4.9	0.3	1.2
Selenium, Se [ug]	251.6	18	62.9
Vitamin A, IU [IU]	4791.7	342	1197.9
Retinol [ug]	0	0	0
Vitamin A, RAE [ug]	3.2	0.2	0.8
Vitamin E [mg]	3.8	0.3	1
Vitamin D [ug]	0	0	0
Vitamin C [mg]	152.6	10.9	38.2
Thiamin [mg]	2.1	0.1	0.5
Riboflavin [mg]	2.8	0.2	0.7
Niacin [mg]	60.8	4.3	15.2
Pantothenic acid [mg]	13.4	1	3.4
Vitamin B6 [mg]	6.7	0.5	1.7
Folate, total [ug]	274.1	19.6	68.5
Vitamin B12 [ug]	21.6	1.5	5.4
Choline, total [mg]	5.8	0.4	1.5
Vitamin K [ug]	282	20.1	70.5
Folic acid [ug]	0	0	0
Folate, food [ug]	26.5	1.9	6.6
Folate, DFE [ug]	26.5	1.9	6.6
Vitamin E, added [mg]	0	0	0
Vitamin B12, added [ug]	0	0	0
Cholesterol [mg]	374	26.7	93.5
Fatty acids, total trans [g]	0	0	0

Sat Fat [g]	8.2	0.6	2.1
Fatty acids, total monounsaturated [g]	19.5	1.4	4.9
Fatty acids, total polyunsaturated [g]	1.3	0.1	0.3
Net Carbs [g]	97.5	7	24.4

Micronutrient breakdown per ingredient (per serving)

	GARLIC	CAPERS	BROWN RICE	SALMON	SALT AND PEPPER	PARSLEY	CHERRY TOMATOES	BELL PEPPERS	OLIVES
Sugars [g]	-	0.1	-	-	-	-	0.9	0.8	0.1
Fiber [g]	0.1	0.4	1.8	-	-	0.1	0.3	0.4	0.3
Calcium, Ca [mg]	5.4	4.6	9.8	20.4	0.1	5.5	4.1	1.3	4.6
Iron, Fe [mg]	0.1	0.2	0.5	1.4	-	0.3	0.3	0.1	0.1
Magnesium, Mg [mg]	0.8	3.8	42.9	49.3	-	2	3.4	2.2	1
Phosphorus, P [mg]	4.6	1.2	75.1	340	-	2.3	10.4	4.7	0.4
Potassium, K [mg]	12	4.6	77	833	0.1	22.2	81.2	37.8	3.7
Sodium, Na [mg]	0.5	268	1	74.8	193.8	2.3	4.1	0.7	137.1
Zinc, Zn [mg]	-	-	0.6	1.1	-	0.1	0.1	0.1	-
Copper, Cu [mg]	-	0.1	0.1	0.4	-	-	-	-	-
Manganese, Mn [mg]	0.1	-	1.1	-	-	-	-	-	-
Selenium, Se [ug]	0.4	0.1	-	62.1	-	-	0.2	-	0.1
Vitamin A, IU [IU]	0.3	15.8	-	68	-	337	182	560.4	34.5
Retinol [ug]	-	-	-	-	-	-	-	-	-
Vitamin A, RAE [ug]	-	0.8	-	-	-	-	-	-	-
Vitamin E [mg]	-	0.1	-	-	-	-	0.2	0.3	0.3
Vitamin D [ug]	-	-	-	-	-	-	-	-	-
Vitamin C [mg]	0.9	0.5	-	-	-	5.3	8.5	22.9	-
Thiamin [mg]	-	-	0.1	0.4	-	-	-	-	-
Riboflavin [mg]	-	-	-	0.7	-	-	-	-	-

Niacin [mg]	-	0.1	1.3	13.4	-	0.1	0.2	0.2	-
Pantothenic acid [mg]	-	-	0.4	2.8	-	-	0.1	0.1	-
Vitamin B6 [mg]	-	-	0.2	1.4	-	-	-	0.1	-
Folate, total [ug]	0.1	2.6	3.9	42.5	-	6.1	4.9	8.2	0.3
Vitamin B12 [ug]	-	-	-	5.4	-	-	-	-	-
Choline, total [mg]	0.7	0.8	-	-	-	-	-	-	-
Vitamin K [ug]	0.1	2.8	-	-	-	65.6	1.1	0.9	0.1
Folic acid [ug]	-	-	-	-	-	-	-	-	-
Folate, food [ug]	0.1	2.6	3.9	-	-	-	-	-	-
Folate, DFE [ug]	0.1	2.6	3.9	-	-	-	-	-	-
Vitamin E, added [mg]	-	-	-	-	-	-	-	-	-
Vitamin B12, added [ug]	-	-	-	-	-	-	-	-	-
Cholesterol [mg]	-	-	-	93.5	-	-	-	-	-
Fatty acids, total trans [g]	-	-	-	-	-	-	-	-	-
Sat Fat [g]	-	-	0.2	1.7	-	-	-	-	0.2
Fatty acids, total monoun... [g]	-	-	0.3	3.6	-	-	-	-	1
Fatty acids, total polyun... [g]	-	-	0.3	-	-	-	-	-	-
Net Carbs [g]	0.9	0.2	21.2	-	-	0.1	1.3	0.7	-