



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

Slow-Roasted Salmon with Fennel, Citrus, and Chiles ♦♦

This slow-roasted salmon recipe combines the flavors of fennel, citrus, and chiles to create a delicious and healthy dish. The salmon is cooked low and slow, allowing it to become tender and flavorful. It's the perfect recipe for a special occasion or a weeknight dinner.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 45 mins

Total Time: 60 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

500 g	salmon fillets
200 g	fennel bulb
100 g	Orange
100 g	Lemon

5 g	red chili flakes
30 ml	olive oil
5 g	Salt
5 g	Black pepper

Directions

Step 1

Oven

Preheat the oven to 275°F (135°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cutting

Thinly slice the fennel bulb and citrus fruits.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Place the salmon fillets on a baking sheet lined with parchment paper.

Prep Time: 0 mins

Cook Time: 0 mins

Step 4

Drizzle olive oil over the salmon fillets and season with salt, black pepper, and red chili flakes.

Prep Time: 0 mins

Cook Time: 0 mins

Step 5

Arrange the sliced fennel and citrus fruits around the salmon fillets.

Prep Time: 0 mins

Cook Time: 0 mins

Step 6

Oven

Cover the baking sheet with aluminum foil and roast in the preheated oven for 45 minutes.

Prep Time: 0 mins

Cook Time: 45 mins

Step 7

Oven

Remove the foil and continue roasting for an additional 5 minutes to brown the top of the salmon.

Prep Time: 0 mins

Cook Time: 5 mins

Step 8

Serving

Serve the slow-roasted salmon with fennel, citrus, and chiles hot.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 12 g

Protein: 25 g

Carbohydrates: 10 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	25 g	147.06%	147.06%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	10 g	18.18%	20%
Fibers	3 g	7.89%	12%
Sugars	5 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	12 g	42.86%	48%
Cholesterol	60 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	50 mg	55.56%	66.67%
Vitamin B6	1 mg	76.92%	76.92%
Vitamin B12	3 mcg	125%	125%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	10 mcg	66.67%	66.67%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	10 mg	1%	1%
Iron	15 mg	187.5%	83.33%
Potassium	800 mg	23.53%	30.77%
Zinc	2 mg	18.18%	25%
Selenium	30 mcg	54.55%	54.55%

Recipe Attributes

Seasonality

Spring

Summer

Fall

Events

Christmas

Easter

Thanksgiving

Birthday

Wedding

Halloween

Valentine's Day

Mother's Day

Father's Day

New Year

Anniversary

Baby Shower

Bridal Shower

Graduation

Back to School

Barbecue

Picnic

Meal Type

Dinner

Lunch

Snack

Difficulty Level

Medium

Visit our website: healthdor.com