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## Garlic Roasted Salmon & Brussel Sprouts

This recipe combines tender garlic roasted salmon with crispy brussel sprouts for a delicious and healthy meal. The salmon is seasoned with garlic, lemon, and herbs, and roasted to perfection. The brussel sprouts are tossed in olive oil and roasted until golden and crispy. This dish is packed with flavor and nutrients, making it a perfect option for a quick and easy weeknight dinner.

**Recipe Type:** Standard

**Prep Time:** 10 mins

**Cook Time:** 20 mins

**Total Time:** 30 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

<b>500 g</b>	salmon fillets
<b>400 g</b>	brussel sprouts
<b>4 cloves</b>	garlic cloves

<b>1 juice of</b>	Lemon
<b>2 tbsp</b>	olive oil
<b>1 teaspoon</b>	salt
<b>1 teaspoon</b>	black pepper
<b>1 teaspoon</b>	dried thyme

## Directions

### Step 1

#### Preheating

Preheat the oven to 425°F (220°C).

**Prep Time:** 5 mins

**Cook Time:** 0 mins

### Step 2

#### Mixing

In a small bowl, combine minced garlic, lemon juice, olive oil, salt, black pepper, and dried thyme to make a marinade.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

### Step 3

Baking

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

**Prep Time:** 5 mins

**Cook Time:** 15 mins

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### Step 4

Mixing

In a separate bowl, toss the brussel sprouts with olive oil, salt, and black pepper. Spread them out on a separate baking sheet.

**Prep Time:** 5 mins

**Cook Time:** 15 mins

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### Step 5

Baking

Place both baking sheets in the preheated oven. Roast the salmon for 12-15 minutes, or until cooked through. Roast the brussel sprouts for 15-20 minutes, or until crispy and golden.

**Prep Time:** 0 mins

**Cook Time:** 20 mins

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## Step 6

Serving

Serve the garlic roasted salmon with the crispy brussel sprouts. Enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

## Nutrition Facts

Calories: 300 kcal

Fat: 15 g

Protein: 30 g

Carbohydrates: 10 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	30 g	176.47%	176.47%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	10 g	18.18%	20%
Fibers	5 g	13.16%	20%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	10 g	N/A	N/A
Saturated Fat	3 g	13.64%	17.65%
Fat	15 g	53.57%	60%
Cholesterol	80 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	50 mg	55.56%	66.67%
Vitamin B6	20 mg	1538.46%	1538.46%
Vitamin B12	100 mcg	4166.67%	4166.67%
Vitamin E	15 mg	100%	100%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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	20 mg	181.82%	250%
Selenium	60 mcg	109.09%	109.09%

## Recipe Attributes

### Seasonality

Fall

### Kitchen Tools

Slow Cooker

Blender

Mixer

Oven

### Cuisines

Italian

### Diet

Anti-Inflammatory Diet

## Meal Type

Breakfast

Brunch

Lunch

Dinner

Snack

Supper

## Nutritional Content

High Fiber

Low Sodium

Sugar-Free

High Vitamin C

High Iron

High Calcium

## Difficulty Level

Medium

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