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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

500 g	salmon fillets
400 g	brussel sprouts
4 cloves	garlic cloves

1 juice of Lemon

2 tbsp olive oil

1 salt
teaspoon

1 black pepper
teaspoon

1 dried thyme
teaspoon

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

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

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

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

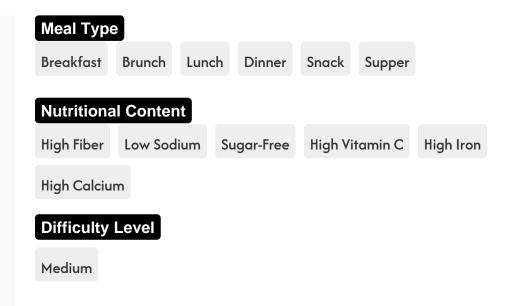
Slow Cooker Blender Mixer Oven

Cuisines

Italian

Diet

Anti-Inflammatory Diet



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