

Recipe Analyzer Results

A single serving of this recipe has 303 calories.

Read through [the nutrition label](#) for a snapshot of this recipe's nutritional profile. If the label lists less than 5 percent daily value for a nutrient it is considered low, while 20 percent or more is high. In general, you want to limit saturated fat, cholesterol, and sodium, and get enough fiber, vitamins, and minerals.

Nutrition Facts

Servings: 4

Amount per serving

Calories 303

% Daily Value\*

Total Fat 14g 18%

Saturated Fat 1.8g 9%

Cholesterol 78mg 26%

Sodium 177mg 8%

Total Carbohydrate 9.5g 3%

Dietary Fiber 2.8g 10%

Total Sugars 5g

Protein 37.5g

Vitamin D 0mcg 0%

Calcium 177mg 14%

Iron 3mg 19%

Ingredients:

- 1 bunch fresh asparagus, trimmed
- 2 red bell pepper, sliced
- 2 small yellow zucchini (summer squash), sliced
- 60 ml (1/4 cup) chopped fresh basil
- 30 ml (2 tbsp) chopped fresh parsley or chives
- 2 cloves garlic, minced
- 4 baby bok choy, cut in half lengthwise
- 15 ml (1 tbsp) Dijon mustard
- 10 ml (2 tsp) canola oil
- 15 ml (1 tbsp) chopped fresh thyme leaves
- 1 ml (1/4 tsp) fresh ground pepper
- 4 salmon fillets, skinned (about 125 g/4 oz each)

Potassium 1165mg

25%

## Nutrition Facts

Servings: 4

*\*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.*

Recipe analyzed by **verywell**