

Recipe Analyzer Results

A single serving of baked salmon on a bed of green beans has 427 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: 5

Amount per serving

Calories **427**

% Daily Value*

Total Fat 28.1g **36%**

Saturated Fat 6.4g **32%**

Cholesterol 79mg **26%**

Sodium 178mg **8%**

Total Carbohydrate 16.2g **6%**

Dietary Fiber 6.6g **23%**

Total Sugars 5.5g

Protein 29.9g

Vitamin D 0mcg 0%

Calcium 120mg 9%

Iron 2mg 12%

Potassium 966mg 21%

**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 

Ingredients:

- 1 raw salmon
- 1 green beans
- 1 pesto
- 1 cherry tomatoes
- 1 lemon juice
- 1 salt and pepper for taste