



Alaska Salmon Bake with Pecan Crunch Coating

READY IN



30 min.

SERVINGS



6

CALORIES



337 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup bread crumbs fresh
- ☐ 3 tablespoons butter melted
- ☐ 3 tablespoons dijon mustard
- ☐ 3 teaspoons parsley fresh chopped
- ☐ 5 teaspoons honey
- ☐ 6 lemon wedges
- ☐ 0.5 cup pecans finely chopped
- ☐ 24 ounce fillets salmon

☐ 6 servings salt and pepper to taste

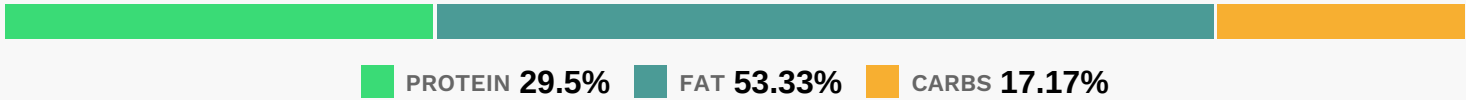
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat the oven to 400 degrees F (200 degrees C). In a small bowl, mix together the mustard, butter, and honey. In another bowl, mix together the bread crumbs, pecans, and parsley.
- ☐ Season each salmon fillet with salt and pepper.
- ☐ Place on a lightly greased baking sheet.
- ☐ Brush with mustard-honey mixture. Cover the top of each fillet with bread crumb mixture.
- ☐ Bake for 10 minutes per inch of thickness, measured at thickest part, or until salmon just flakes when tested with a fork.
- ☐ Serve garnished with lemon wedges.

Nutrition Facts



Properties

Glycemic Index:33.63, Glycemic Load:2.87, Inflammation Score:-5, Nutrition Score:20.711739021799%

Flavonoids

Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.34mg,

Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 337.08kcal (16.85%), Fat: 20.19g (31.06%), Saturated Fat: 5.41g (33.79%), Carbohydrates: 14.63g (4.88%), Net Carbohydrates: 12.51g (4.55%), Sugar: 6.27g (6.97%), Cholesterol: 77.42mg (25.81%), Sodium: 437.7mg (19.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.13g (50.26%), Selenium: 46.74µg (66.78%), Vitamin B12: 3.65µg (60.82%), Vitamin B6: 0.98mg (48.94%), Vitamin B3: 9.69mg (48.44%), Vitamin B2: 0.49mg (28.95%), Vitamin B1: 0.43mg (28.34%), Phosphorus: 279.73mg (27.97%), Manganese: 0.55mg (27.58%), Copper: 0.43mg (21.5%), Vitamin B5: 2.08mg (20.84%), Potassium: 651.65mg (18.62%), Magnesium: 53.07mg (13.27%), Vitamin C: 9.77mg (11.84%), Folate: 42.89µg (10.72%), Iron: 1.83mg (10.16%), Zinc: 1.35mg (8.98%), Fiber: 2.12g (8.47%), Calcium: 48.06mg (4.81%), Vitamin A: 238.87IU (4.78%), Vitamin E: 0.35mg (2.34%), Vitamin K: 2.33µg (2.22%)