



Almond-Crusted Salmon

 Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



303 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup almond flour
- 0.3 teaspoon pepper black freshly ground
- 0.3 teaspoon ground coriander
- 0.1 teaspoon ground cumin
- 0.5 teaspoon kosher salt
- 2 teaspoons juice of lemon
- 4 lemon wedges
- 0.3 cup panko bread crumbs

24 ounce salmon fillet

Equipment

oven

broiler pan

Directions

Preheat oven to 50

Combine first 4 ingredients in a shallow dish; set aside.

Brush tops and sides of fish with juice: sprinkle with salt and pepper. Working with 1 fillet at a time, dredge top and sides in almond mixture; place skin side down on broiler pan coated with cooking spray.

Sprinkle any remaining crumb mixture evenly over fish; press gently to adhere.

Bake at 500 for 15 minutes or until fish flakes easily when tested with a fork or until desired degree of doneness.

Serve with lemon wedges.

Nutrition Facts



PROTEIN 48.02% **FAT 43.69%** **CARBS 8.29%**

Properties

Glycemic Index:15.63, Glycemic Load:0.32, Inflammation Score:-4, Nutrition Score:24.919130695903%

Flavonoids

Eriodictyol: 3.97mg, Eriodictyol: 3.97mg, Eriodictyol: 3.97mg, Eriodictyol: 3.97mg Hesperetin: 5.38mg, Hesperetin: 5.38mg, Hesperetin: 5.38mg, Hesperetin: 5.38mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg 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: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 302.59kcal (15.13%), Fat: 14.55g (22.38%), Saturated Fat: 1.97g (12.32%), Carbohydrates: 6.21g (2.07%), Net Carbohydrates: 4.7g (1.71%), Sugar: 0.99g (1.1%), Cholesterol: 93.55mg (31.18%), Sodium: 393.54mg (17.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.98g (71.96%), Vitamin B12: 5.42µg (90.37%), Selenium: 63.15µg

(90.21%), Vitamin B6: 1.41mg (70.61%), Vitamin B3: 13.65mg (68.23%), Vitamin B2: 0.67mg (39.19%), Phosphorus: 350.48mg (35.05%), Vitamin B5: 2.89mg (28.9%), Vitamin B1: 0.43mg (28.62%), Potassium: 872.66mg (24.93%), Copper: 0.45mg (22.28%), Magnesium: 53.39mg (13.35%), Vitamin C: 10.54mg (12.77%), Folate: 49.04µg (12.26%), Iron: 1.99mg (11.07%), Zinc: 1.17mg (7.77%), Fiber: 1.51g (6.05%), Calcium: 49.01mg (4.9%), Manganese: 0.09mg (4.43%), Vitamin A: 73.63IU (1.47%)