



Alternative Baked Salmon

 Dairy Free

READY IN



20 min.

SERVINGS



2

CALORIES



535 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon garlic dried minced
- ☐ 2 tablespoons mayonnaise or as needed
- ☐ 1 teaspoon ground mustard
- ☐ 1 tablespoon olive oil
- ☐ 2 fillet salmon ()
- ☐ 2 servings salt and pepper to taste
- ☐ 0.5 cup herb seasoned bread crumbs
- ☐ 1 small onion yellow chopped

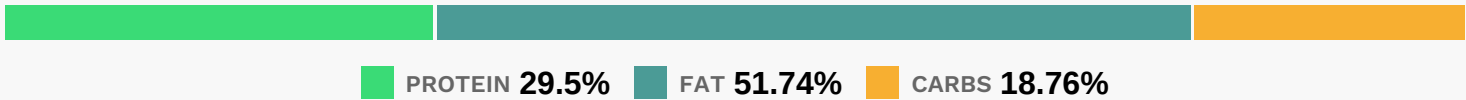
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat the oven to 350 degrees F (175 degrees C). Grease a baking sheet, and set aside.
- ☐ Heat oil in a skillet over medium-high heat.
- ☐ Saute onion with dried garlic, salt and pepper until tender.
- ☐ Transfer to a medium bowl, and mix with bread crumbs, mustard powder and mayonnaise. If necessary, add more mayonnaise to achieve a paste like consistency.
- ☐ Place salmon fillets onto the greased baking sheet, and press the crumb mixture on the top so that it is about 1/4 inch thick.
- ☐ Bake for 10 minutes in the preheated oven, until salmon is easily cut with a fork, then broil for 5 minutes to crisp the top.

Nutrition Facts



Properties

Glycemic Index:41, Glycemic Load:0.79, Inflammation Score:-6, Nutrition Score:31.582608458788%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.11mg, Quercetin: 7.11mg, Quercetin: 7.11mg, Quercetin: 7.11mg

Nutrients (% of daily need)

Calories: 534.94kcal (26.75%), Fat: 30.3g (46.61%), Saturated Fat: 4.73g (29.53%), Carbohydrates: 24.72g (8.24%), Net Carbohydrates: 22.47g (8.17%), Sugar: 3.37g (3.75%), Cholesterol: 99.68mg (33.23%), Sodium: 760.41mg (33.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.87g (77.74%), Selenium: 72.22µg (103.17%), Vitamin B12: 5.53µg (92.13%), Vitamin B3: 15.3mg (76.52%), Vitamin B6: 1.5mg (75.07%), Vitamin B1: 0.7mg (46.75%), Vitamin B2: 0.79mg (46.25%), Phosphorus: 417.58mg (41.76%), Vitamin K: 41.03µg (39.08%), Vitamin B5: 3.1mg (30.97%), Potassium: 972.64mg (27.79%), Copper: 0.53mg (26.26%), Folate: 87.52µg (21.88%), Manganese: 0.4mg (20.04%), Magnesium: 71.02mg (17.76%), Iron: 3.11mg (17.3%), Zinc: 1.68mg (11.21%), Vitamin E: 1.61mg (10.72%), Fiber: 2.25g (9.02%), Calcium: 87.61mg (8.76%), Vitamin C: 3.48mg (4.22%), Vitamin A: 136.01IU (2.72%)