



Baked Salmon Dijon

 Popular

READY IN



25 min.

SERVINGS



4

CALORIES



296 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup butter melted
- 0.3 cup bread crumbs dry italian-style
- 3 tablespoons mustard dijon-style prepared
- 16 ounce fillets salmon
- 4 servings salt and pepper to taste

Equipment

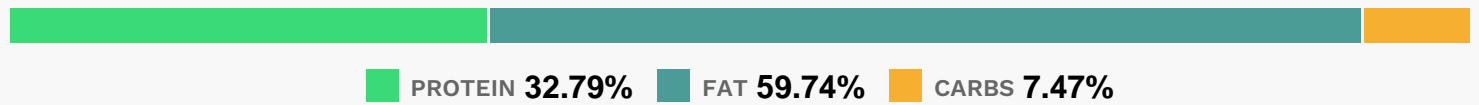
- oven
- baking pan

aluminum foil

Directions

- Preheat oven to 400 degrees F (200 degrees C). Line a shallow baking pan with aluminum foil.
- Place salmon skin-side down on foil.
- Spread a thin layer of mustard on the top of each fillet, and season with salt and pepper. Top with bread crumbs, then drizzle with melted butter.
- Bake in a preheated oven for 15 minutes, or until salmon flakes easily with a fork.

Nutrition Facts



Properties

Glycemic Index:20.5, Glycemic Load:0.04, Inflammation Score:-5, Nutrition Score:17.797826375164%

Nutrients (% of daily need)

Calories: 296.27kcal (14.81%), Fat: 19.43g (29.9%), Saturated Fat: 8.51g (53.21%), Carbohydrates: 5.46g (1.82%), Net Carbohydrates: 4.68g (1.7%), Sugar: 0.59g (0.65%), Cholesterol: 92.87mg (30.96%), Sodium: 508.07mg (22.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24g (48%), Selenium: 47.06µg (67.23%), Vitamin B12: 3.65µg (60.9%), Vitamin B6: 0.94mg (47.2%), Vitamin B3: 9.43mg (47.15%), Vitamin B2: 0.47mg (27.67%), Phosphorus: 253.49mg (25.35%), Vitamin B1: 0.34mg (22.9%), Vitamin B5: 1.97mg (19.74%), Potassium: 589.2mg (16.83%), Copper: 0.31mg (15.46%), Magnesium: 41.48mg (10.37%), Folate: 36.79µg (9.2%), Vitamin A: 407.89IU (8.16%), Iron: 1.42mg (7.87%), Manganese: 0.13mg (6.38%), Zinc: 0.91mg (6.06%), Calcium: 36.57mg (3.66%), Fiber: 0.79g (3.15%), Vitamin E: 0.37mg (2.49%), Vitamin K: 1.61µg (1.53%)