



Baked Salmon Steak



Gluten Free

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READY IN

ready

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60 min.

SERVINGS

servings

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2

CALORIES

calories

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546 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



1 tablespoon chives chopped



2 teaspoons thyme leaves fresh chopped



1 tablespoon garlic salt to taste



1.5 teaspoons ground pepper black to taste



0.3 cup olive oil



1 tablespoon onion salt to taste



1 tablespoon paprika to taste



0.3 cup parmesan cheese

- ☐ 2 salmon steaks
- ☐ 1.5 teaspoons salt to taste
- ☐ 4 leaves pkt spinach fresh

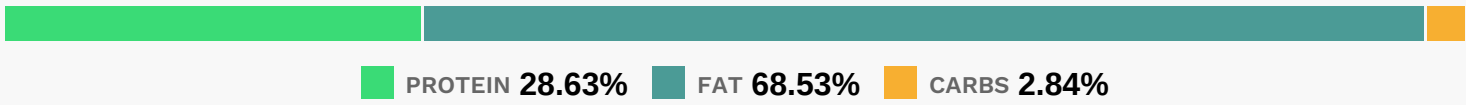
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Lightly grease an 8x8-inch baking dish with olive oil.
- ☐ Pour 1/4 cup olive oil in a shallow bowl and dip salmon steaks in oil to coat. Stir garlic salt, onion salt, paprika, black pepper, and salt together in a small bowl; sprinkle seasoning onto salmon.
- ☐ Place salmon steaks into the prepared baking dish and sprinkle with chives, thyme, and spinach leaves.
- ☐ Sprinkle Parmesan cheese over the fish and seasonings.
- ☐ Bake in the preheated oven until the salmon is cooked through and the flesh flakes easily, about 45 minutes.

Nutrition Facts



Properties

Glycemic Index:98, Glycemic Load:0.51, Inflammation Score:-10, Nutrition Score:32.5599998145%

Flavonoids

Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.95mg, Luteolin: 0.95mg, Luteolin: 0.95mg, Luteolin: 0.95mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 545.65kcal (27.28%), Fat: 41.56g (63.94%), Saturated Fat: 7.55g (47.21%), Carbohydrates: 3.88g (1.29%), Net Carbohydrates: 1.92g (0.7%), Sugar: 0.51g (0.56%), Cholesterol: 102mg (34%), Sodium: 9000.63mg (391.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.06g (78.13%), Selenium: 65.21µg (93.16%), Vitamin B12: 5.56µg (92.6%), Vitamin B6: 1.49mg (74.71%), Vitamin B3: 13.83mg (69.13%), Vitamin A: 2245.58IU (44.91%), Phosphorus: 444.08mg (44.41%), Vitamin B2: 0.75mg (44.01%), Vitamin E: 4.99mg (33.29%), Vitamin K: 34.59µg (32.94%), Vitamin B5: 3.01mg (30.09%), Potassium: 974.09mg (27.83%), Vitamin B1: 0.41mg (27.06%), Copper: 0.5mg (24.84%), Calcium: 200.19mg (20.02%), Manganese: 0.36mg (17.85%), Magnesium: 69.23mg (17.31%), Iron: 3mg (16.67%), Folate: 51.7µg (12.93%), Zinc: 1.68mg (11.19%), Fiber: 1.96g (7.85%), Vitamin C: 4.67mg (5.66%)