



Baked Salmon with Cilantro



Gluten Free



Dairy Free



Low Fod Map

READY IN



30 min.

SERVINGS



4

CALORIES



212 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup butter softened
- ☐ 1 tablespoon cilantro leaves fresh chopped
- ☐ 0.5 teaspoon lemon zest grated
- ☐ 1 pound fish fillet
- ☐ 0.3 teaspoon salt
- ☐ 0.3 teaspoon ground cumin
- ☐ 1 tablespoon juice of lemon

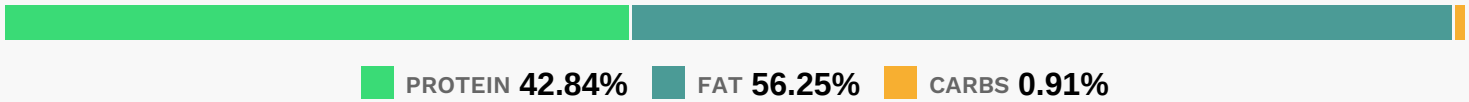
Equipment

- ☐ frying pan
- ☐ oven
- ☐ aluminum foil
- ☐ spatula

Directions

- ☐ Heat oven to 425°. Line rectangular pan, 13x9x2 inches, with aluminum foil; spray foil with cooking spray.
- ☐ Mix butter, cilantro and lemon peel. Cover and refrigerate butter while preparing fish.
- ☐ Cut fish into 4 serving pieces.
- ☐ Place fish, skin side down, in pan.
- ☐ Sprinkle with salt and cumin.
- ☐ Drizzle with lemon juice.
- ☐ Bake uncovered 15 to 20 minutes or until fish flakes easily with fork. Carefully lift fish from skin with pancake turner. Top each serving of fish with some cilantro butter mixture.

Nutrition Facts



Properties

Glycemic Index:9.25, Glycemic Load:0, Inflammation Score:-5, Nutrition Score:10.739565463818%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 212.3kcal (10.62%), Fat: 13.39g (20.6%), Saturated Fat: 3.04g (18.98%), Carbohydrates: 0.49g (0.16%), Net Carbohydrates: 0.43g (0.16%), Sugar: 0.11g (0.12%), Cholesterol: 56.7mg (18.9%), Sodium: 338.41mg (14.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.94g (45.88%), Selenium: 47.41µg (67.73%), Vitamin B12: 1.81µg (30.1%), Vitamin D: 3.52µg (23.44%), Vitamin B3: 4.44mg (22.2%), Phosphorus: 197.04mg (19.7%), Vitamin A: 516.17IU (10.32%), Potassium: 355.47mg (10.16%), Vitamin B6: 0.19mg (9.39%), Magnesium: 31.79mg (7.95%), Folate: 28.21µg (7.05%), Vitamin E: 0.91mg (6.04%), Vitamin B5: 0.57mg (5.7%), Vitamin B2: 0.08mg (4.59%), Copper:

0.09mg (4.36%), Iron: 0.73mg (4.03%), Vitamin B1: 0.05mg (3.32%), Zinc: 0.38mg (2.56%), Manganese: 0.05mg (2.37%), Vitamin C: 1.84mg (2.23%), Vitamin K: 1.9µg (1.81%), Calcium: 17.48mg (1.75%)