



Baked Salmon with Coconut Crust

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



216 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup substitute bread crumbs dry (Japanese bread crumbs, available in the Asian food aisle)
- 1 tablespoon juice of lemon
- 16 ounce salmon fillet skinless
- 4 servings salt and pepper freshly ground to taste
- 0.3 cup coconut or sweetened flaked

Equipment

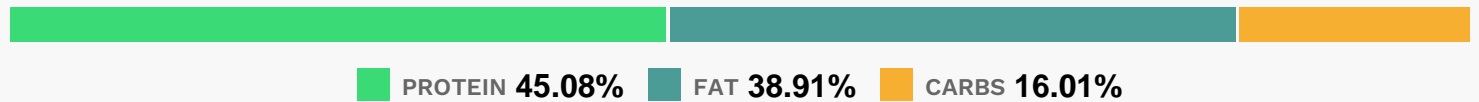
- oven
- baking pan

broiler

Directions

- Preheat oven to 425 degrees.
- Place salmon fillets on a non-stick baking pan.
- Brush juice on salmon.
- In a shallow dish, combine panko, coconut, salt and pepper. Dredge each fillet in the mixture and return to baking pan.
- Spread leftover crumbs on top of each fillet. Coat with cooking spray.
- Bake for 12 to 15 minutes. If desired, put under broiler until crust is golden brown.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:17.079565140864%

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: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 215.7kcal (10.79%), Fat: 9.08g (13.97%), Saturated Fat: 2.61g (16.29%), Carbohydrates: 8.41g (2.8%), Net Carbohydrates: 7.53g (2.74%), Sugar: 2.51g (2.79%), Cholesterol: 62.37mg (20.79%), Sodium: 313.76mg (13.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.68g (47.36%), Selenium: 44.14µg (63.06%), Vitamin B12: 3.63µg (60.54%), Vitamin B3: 9.45mg (47.26%), Vitamin B6: 0.94mg (47%), Vitamin B2: 0.46mg (27.21%), Phosphorus: 244.78mg (24.48%), Vitamin B1: 0.33mg (22.03%), Vitamin B5: 1.94mg (19.41%), Potassium: 593.43mg (16.96%), Copper: 0.32mg (15.95%), Magnesium: 39.05mg (9.76%), Folate: 37.28µg (9.32%), Iron: 1.35mg (7.52%), Manganese: 0.14mg (6.95%), Zinc: 0.87mg (5.83%), Fiber: 0.87g (3.5%), Calcium: 28.26mg (2.83%), Vitamin C: 1.45mg (1.76%)