



 **83%**  
HEALTH SCORE

## Baked Salmon with Creamy Onion Sauce

 **Gluten Free**  **Very Healthy**

READY IN



**20 min.**

SERVINGS



**4**

CALORIES



**296 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 tablespoon capers
- 0.3 cup yogurt plain fat-free
- 4 lemon wedges
- 2 tablespoons mayonnaise light
- 1 tablespoon onion chopped
- 4 servings bell pepper
- 24 ounce salmon fillet
- 0.1 teaspoon salt

0.3 teaspoon salt

## Equipment

frying pan

oven

blender

aluminum foil

## Directions

Preheat oven to 40

Line a jelly roll pan with nonstick foil. Arrange fillets, skin sides down, on foil; sprinkle with pepper and 1/8 teaspoon salt.

Bake at 400 for 12 minutes or until fish flakes easily when tested with a fork.

While fish bakes, process yogurt and next 4 ingredients in a blender until smooth.

Place fillets on a serving platter.

Serve with sauce and lemon wedges.

## Nutrition Facts



## Properties

Glycemic Index:21.13, Glycemic Load:1.29, Inflammation Score:-9, Nutrition Score:33.893043559531%

## Flavonoids

Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 2.66mg, Kaempferol: 2.66mg, Kaempferol: 2.66mg, Kaempferol: 2.66mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 4.34mg, Quercetin: 4.34mg, Quercetin: 4.34mg, Quercetin: 4.34mg

## Nutrients (% of daily need)

Calories: 295.68kcal (14.78%), Fat: 12.67g (19.5%), Saturated Fat: 1.99g (12.44%), Carbohydrates: 8.72g (2.91%), Net Carbohydrates: 6.54g (2.38%), Sugar: 5.51g (6.12%), Cholesterol: 95.08mg (31.69%), Sodium: 425.29mg (18.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.95g (71.91%), Vitamin C: 105.35mg (127.7%), Vitamin B12: 5.53µg (92.23%), Selenium: 63.19µg (90.27%), Vitamin B6: 1.64mg (81.85%), Vitamin B3: 14.16mg (70.79%), Vitamin A: 2413.73IU (48.27%), Vitamin B2: 0.76mg (44.97%), Phosphorus: 396.47mg (39.65%), Vitamin B5: 3.24mg (32.39%), Potassium: 1074.24mg (30.69%), Vitamin B1: 0.44mg (29.58%), Copper: 0.46mg (22.88%), Folate: 82.44µg (20.61%), Magnesium: 64.64mg (16.16%), Iron: 1.86mg (10.32%), Zinc: 1.5mg (10%), Vitamin E: 1.38mg (9.17%), Fiber: 2.17g (8.7%), Vitamin K: 7.95µg (7.57%), Calcium: 72.87mg (7.29%), Manganese: 0.12mg (6.15%)