



Baked Salmon with Dill



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



247 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 1.5 tablespoons optional: dill fresh finely chopped
- ☐ 0.5 teaspoon kosher salt
- ☐ 4 lemon wedges
- ☐ 24 ounce salmon fillet ()

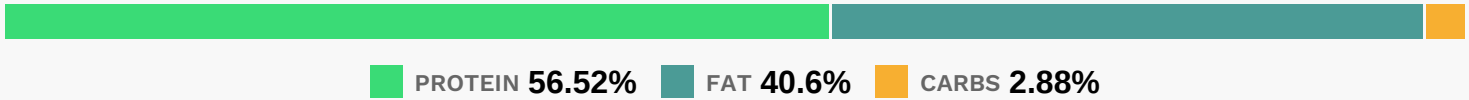
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 35
- ☐ Place fish on a baking sheet lightly coated with cooking spray; lightly coat fish with cooking spray.
- ☐ Sprinkle fish with dill, salt, and pepper.
- ☐ Bake at 350 for 10 minutes or until fish flakes easily when tested with a fork or until desired degree of doneness.
- ☐ Serve with lemon wedges.

Nutrition Facts



Properties

Glycemic Index:18.13, Glycemic Load:0.31, Inflammation Score:-4, Nutrition Score:23.907826181663%

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: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 246.98kcal (12.35%), Fat: 10.84g (16.68%), Saturated Fat: 1.68g (10.48%), Carbohydrates: 1.73g (0.58%), Net Carbohydrates: 1.21g (0.44%), Sugar: 0.45g (0.5%), Cholesterol: 93.55mg (31.18%), Sodium: 365.99mg (15.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.96g (67.91%), Vitamin B12: 5.41µg (90.15%), Selenium: 62.16µg (88.8%), Vitamin B6: 1.41mg (70.31%), Vitamin B3: 13.39mg (66.95%), Vitamin B2: 0.65mg (38.27%), Phosphorus: 343.27mg (34.33%), Vitamin B5: 2.87mg (28.66%), Vitamin B1: 0.39mg (26.12%), Potassium: 860.31mg (24.58%), Copper: 0.43mg (21.66%), Magnesium: 50.97mg (12.74%), Vitamin C: 9.67mg (11.72%), Folate: 44.74µg (11.18%), Iron: 1.49mg (8.26%), Zinc: 1.1mg (7.35%), Calcium: 25.86mg (2.59%), Manganese: 0.04mg (2.16%), Fiber: 0.52g (2.09%), Vitamin A: 83.92IU (1.68%)