



## Baked Salmon With Lime

 Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



296 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 350 grams salmon fillet
- 1 stalk spring onion cut into sections
- 5 grams ginger shredded
- 1 pepper flakes cut into strips
- 1 teaspoon cooking wine
- 1 lime zest
- 1 tablespoon juice of lime
- 0.5 teaspoon peppercorns black

5 grams butter

## Equipment

paper towels

oven

baking pan

aluminum foil

toaster

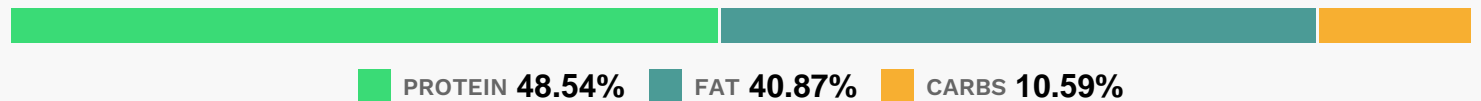
## Directions

Clean, remove all the scales and pad dry the cutlet with paper towel and place it on baking tray or foil.

Season the fish all around with cooking wine, lime rind and lime juice then top it evenly with crashed peppercorns, shredded ginger, chili, spring onion and butter cubes.

You can either baked it in a pre-heated oven at 200 degree for 12 minutes or you can toast it in the oven toaster for 15 - 18 minutes depend on the thickness and how well you want it to be cooked.

## Nutrition Facts



## Properties

Glycemic Index:110.5, Glycemic Load:1.86, Inflammation Score:-7, Nutrition Score:29.716086956522%

## Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 15.08mg, Hesperetin: 15.08mg, Hesperetin: 15.08mg, Hesperetin: 15.08mg Naringenin: 1.17mg, Naringenin: 1.17mg, Naringenin: 1.17mg, Naringenin: 1.17mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg

## Nutrients (% of daily need)

Calories: 296.11kcal (14.81%), Fat: 13.36g (20.55%), Saturated Fat: 3.04g (19.01%), Carbohydrates: 7.79g (2.6%), Net Carbohydrates: 6g (2.18%), Sugar: 2.1g (2.33%), Cholesterol: 101.63mg (33.88%), Sodium: 97.55mg (4.24%), Alcohol: 0.26g (1.44%), Protein: 35.7g (71.4%), Vitamin B12: 5.57µg (92.82%), Selenium: 64.27µg (91.81%), Vitamin B6: 1.57mg

(78.74%), Vitamin B3: 14.18mg (70.9%), Vitamin C: 45.58mg (55.25%), Vitamin B2: 0.7mg (41.25%), Phosphorus: 372.66mg (37.27%), Vitamin B5: 3.07mg (30.68%), Potassium: 1017.52mg (29.07%), Vitamin B1: 0.43mg (28.6%), Copper: 0.52mg (25.79%), Vitamin K: 17.79µg (16.95%), Magnesium: 63.02mg (15.75%), Folate: 56.76µg (14.19%), Manganese: 0.23mg (11.64%), Iron: 2.06mg (11.44%), Vitamin A: 433.01IU (8.66%), Zinc: 1.27mg (8.48%), Fiber: 1.79g (7.16%), Calcium: 46.65mg (4.66%), Vitamin E: 0.35mg (2.36%)