



Broiled Herb-Crusted Salmon



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



2

CALORIES



500 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pinch cayenne pepper
- ☐ 1 teaspoon dijon mustard
- ☐ 1 tablespoon flat-leaf parsley fresh chopped
- ☐ 1 tablespoon tarragon fresh chopped
- ☐ 1 clove garlic sliced
- ☐ 0.3 teaspoon kosher salt
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 3 tablespoons mayonnaise

- ☐ 16 ounce center-cut salmon fillets with skin
- ☐ 1 teaspoon vegetable oil

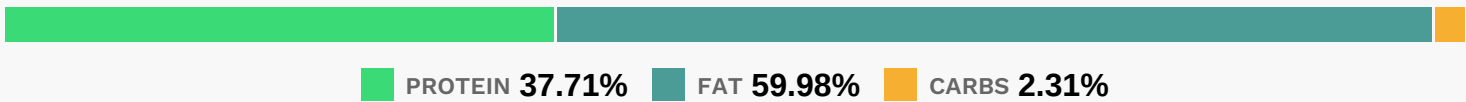
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ blender
- ☐ aluminum foil
- ☐ broiler
- ☐ mortar and pestle

Directions

- ☐ Season salmon fillets with kosher salt. Line a baking sheet with foil and brush lightly with vegetable oil.
- ☐ Preheat oven's broiler on high and set the oven rack about 8 inches from the heat source.
- ☐ Process garlic, tarragon, and parsley in a blender or mortar and pestle to form a loose paste.
- ☐ Mix mayonnaise, Dijon mustard, lemon juice, and cayenne pepper into garlic paste until combined.
- ☐ Place salmon fillets skin side down on the baking sheet. Spoon herb spread over the top and sides of each fillet.
- ☐ Cook under the preheated broiler until fillets are well-browned, about 5 minutes. Turn the broiler off and turn the oven to 350 degrees F (175 degrees C).
- ☐ Bake until the internal temperature of the salmon is 130 degrees F (55 degrees C) and salmon flakes easily with a fork, about 3 to 4 minutes.

Nutrition Facts



Properties

Glycemic Index:123, Glycemic Load:1.28, Inflammation Score:-7, Nutrition Score:35.446087123259%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 500.25kcal (25.01%), Fat: 32.71g (50.33%), Saturated Fat: 5.1g (31.9%), Carbohydrates: 2.83g (0.94%), Net Carbohydrates: 2.35g (0.85%), Sugar: 0.26g (0.28%), Cholesterol: 133.56mg (44.52%), Sodium: 554.91mg (24.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 46.27g (92.54%), Selenium: 84.49µg (120.7%), Vitamin B12: 7.24µg (120.62%), Vitamin B6: 1.97mg (98.29%), Vitamin B3: 18.2mg (90.98%), Vitamin K: 71.27µg (67.88%), Vitamin B2: 0.92mg (54.05%), Phosphorus: 475.46mg (47.55%), Vitamin B5: 3.84mg (38.38%), Potassium: 1245.69mg (35.59%), Vitamin B1: 0.53mg (35.58%), Copper: 0.6mg (30.24%), Magnesium: 80.93mg (20.23%), Manganese: 0.36mg (17.87%), Folate: 71.15µg (17.79%), Iron: 3.19mg (17.71%), Zinc: 1.68mg (11.18%), Vitamin A: 442.71IU (8.85%), Calcium: 76.21mg (7.62%), Vitamin C: 5.89mg (7.14%), Vitamin E: 0.92mg (6.11%), Fiber: 0.49g (1.94%)