



Broiled Salmon with Lemon and Parmesan

 Gluten Free

READY IN



15 min.

SERVINGS



15

CALORIES



37 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 tsp juice of lemon
- 2 Tbsp real mayo mayonnaise kraft
- 2 Tbsp parmesan cheese grated kraft
- 0.5 lb skin-on salmon fillets

Equipment

- oven
- broiler
- broiler pan

Directions

- Heat broiler.
- Place fish on rack of broiler pan. Broil, 4 inches from heat, 4 min. Meanwhile, mix mayo and lemon juice until blended.
- Remove fish from oven.
- Spread with mayo mixture; sprinkle with cheese.
- Broil 2 to 4 min. or until topping is golden and fish flakes easily with fork.

Nutrition Facts

PROTEIN 35.61% **FAT 62.85%** **CARBS 1.54%**

Properties

Glycemic Index:3.33, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:2.3182608290049%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 36.94kcal (1.85%), Fat: 2.52g (3.88%), Saturated Fat: 0.47g (2.92%), Carbohydrates: 0.14g (0.05%), Net Carbohydrates: 0.14g (0.05%), Sugar: 0.03g (0.03%), Cholesterol: 9.67mg (3.22%), Sodium: 30.01mg (1.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.22g (6.43%), Selenium: 5.8µg (8.28%), Vitamin B12: 0.49µg (8.2%), Vitamin B6: 0.12mg (6.23%), Vitamin B3: 1.19mg (5.95%), Vitamin B2: 0.06mg (3.54%), Phosphorus: 34.91mg (3.49%), Vitamin K: 3.01µg (2.87%), Vitamin B5: 0.26mg (2.58%), Vitamin B1: 0.03mg (2.31%), Potassium: 76.37mg (2.18%), Copper: 0.04mg (1.93%), Magnesium: 4.68mg (1.17%), Folate: 4.05µg (1.01%)