



Broiled Salmon with Lemon-Herb Sauce



Gluten Free



Dairy Free



Low Fod Map

READY IN



18 min.

SERVINGS



4

CALORIES



343 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon chives fresh chopped
- ☐ 1.3 tablespoons optional: dill fresh chopped
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 2 teaspoons lemon rind grated
- ☐ 0.8 cup mayonnaise low-fat such as Hellman's Just 2 Good!
- ☐ 0.1 teaspoon pepper
- ☐ 24 ounce salmon fillet
- ☐ 0.1 teaspoon salt

☐

0.3 teaspoon salt

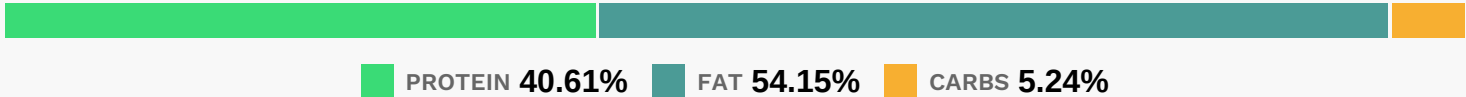
Equipment

- ☐ bowl
- ☐ broiler
- ☐ broiler pan

Directions

- ☐ Preheat broiler.
- ☐ Combine first 6 ingredients in a small serving bowl. Cover and chill.
- ☐ Sprinkle fillets evenly with salt and pepper.
- ☐ Place fillets, skin side up, on a broiler pan coated with cooking spray. Broil 4 minutes; turn fillets, and broil 6 minutes or until fish flakes easily when tested with a fork.
- ☐ Serve fillets with sauce and, if desired, lemon wedges.

Nutrition Facts



Properties

Glycemic Index:23, Glycemic Load:0.01, Inflammation Score:-4, Nutrition Score:24.8934784713%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 343.23kcal (17.16%), Fat: 20.13g (30.97%), Saturated Fat: 3.12g (19.51%), Carbohydrates: 4.38g (1.46%), Net Carbohydrates: 4.22g (1.54%), Sugar: 1.65g (1.83%), Cholesterol: 100.27mg (33.42%), Sodium: 640.41mg (27.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.97g (67.93%), Selenium: 63.2µg (90.28%), Vitamin B12: 5.41µg (90.15%), Vitamin B6: 1.4mg (69.86%), Vitamin B3: 13.39mg (66.94%), Vitamin B2: 0.65mg (38.18%), Phosphorus: 347.53mg (34.75%), Vitamin B5: 2.87mg (28.67%), Vitamin B1: 0.39mg (26%), Potassium: 855.98mg

(24.46%), Vitamin K: 24.25µg (23.1%), Copper: 0.44mg (21.86%), Magnesium: 51.04mg (12.76%), Folate: 46.07µg (11.52%), Iron: 1.46mg (8.1%), Zinc: 1.13mg (7.53%), Vitamin E: 0.93mg (6.2%), Vitamin C: 3.28mg (3.98%), Vitamin A: 140.8IU (2.82%), Calcium: 25.86mg (2.59%), Manganese: 0.04mg (2.18%)