



Buffalo Salmon

READY IN



30 min.

SERVINGS



6

CALORIES



332 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup hot sauce such as frank's redhot
- ☐ 0.3 cup panko bread crumbs (Japanese bread crumbs)
- ☐ 2 pound salmon fillet with skin
- ☐ 5 tablespoons butter unsalted
- ☐ 1 tablespoon vegetable oil

Equipment

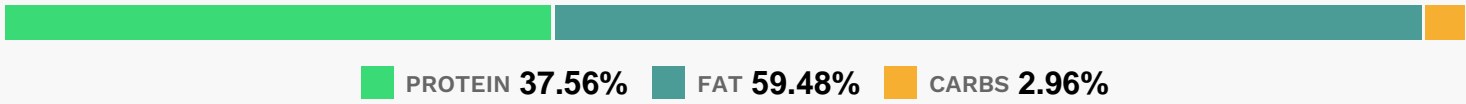
- ☐ bowl
- ☐ oven

☐ baking pan

Directions

- ☐ Preheat oven to 425°F with rack in upper third. Lightly oil a shallow baking pan.
- ☐ Melt butter with hot sauce and 1/4 teaspoon each of salt and pepper over medium heat. Set aside 1/4 cup sauce.
- ☐ Toss panko with oil in a bowl. Put salmon, skin side down, in baking pan and sprinkle with 1/4 teaspoon each of salt and pepper, then brush with remaining sauce.
- ☐ Sprinkle panko evenly over top of fish, then bake until panko is golden and fish is just cooked through, 16 to 22 minutes.
- ☐ Serve reserved sauce on the side.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-5, Nutrition Score:21.705652278403%

Nutrients (% of daily need)

Calories: 331.55kcal (16.58%), Fat: 21.49g (33.06%), Saturated Fat: 7.86g (49.14%), Carbohydrates: 2.41g (0.8%), Net Carbohydrates: 2.26g (0.82%), Sugar: 0.21g (0.24%), Cholesterol: 108.24mg (36.08%), Sodium: 398.81mg (17.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.54g (61.08%), Vitamin B12: 4.84µg (80.66%), Selenium: 56.14µg (80.21%), Vitamin B6: 1.24mg (62.06%), Vitamin B3: 12.11mg (60.55%), Vitamin B2: 0.59mg (34.82%), Phosphorus: 310.69mg (31.07%), Vitamin B5: 2.55mg (25.47%), Vitamin B1: 0.37mg (24.97%), Potassium: 750.2mg (21.43%), Copper: 0.39mg (19.42%), Magnesium: 45.51mg (11.38%), Folate: 41.72µg (10.43%), Iron: 1.37mg (7.63%), Vitamin A: 352.03IU (7.04%), Zinc: 1.03mg (6.84%), Vitamin K: 5.21µg (4.96%), Vitamin E: 0.46mg (3.06%), Manganese: 0.06mg (2.76%), Calcium: 27.04mg (2.7%), Vitamin D: 0.17µg (1.17%)