



## Chef John's Baked Lemon Pepper Salmon



Gluten Free



Dairy Free

READY IN



55 min.

SERVINGS



2

CALORIES



424 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 1 pinch cayenne pepper to taste
- ☐ 2 teaspoons dijon mustard
- ☐ 1 tablespoon ground pepper black
- ☐ 2 tablespoons juice of lemon
- ☐ 1.5 tablespoons mayonnaise
- ☐ 1 tablespoon miso paste yellow
- ☐ 16 ounce center-cut salmon fillets
- ☐ 2 servings sea salt to taste

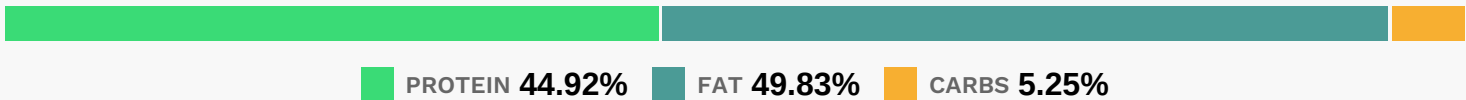
## Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ plastic wrap

## Directions

- ☐ Whisk together lemon juice and black pepper in small bowl.
- ☐ Add mayonnaise, miso paste, Dijon mustard, and cayenne pepper to lemon-pepper mixture; whisk together.
- ☐ Spread the lemon-pepper mixture over salmon fillets. Reserve about a tablespoon for later use.
- ☐ Cover salmon with plastic wrap and refrigerate for 30 minutes.
- ☐ Preheat oven to 450 degrees F (230 degrees C). Line a baking sheet with parchment paper or silicone baking mat.
- ☐ Place fillets on the prepared baking sheet.
- ☐ Spread remaining lemon-pepper mixture on fillets without letting it pool around base.
- ☐ Sprinkle with a pinch more black pepper and a generous amount of sea salt.
- ☐ Bake in the preheated oven until the fish flakes easily with a fork, 10 to 15 minutes.

## Nutrition Facts



## Properties

Glycemic Index:103.5, Glycemic Load:1.46, Inflammation Score:-5, Nutrition Score:33.080000271616%

## Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 424.32kcal (21.22%), Fat: 23.06g (35.47%), Saturated Fat: 3.6g (22.51%), Carbohydrates: 5.47g (1.82%), Net Carbohydrates: 3.97g (1.45%), Sugar: 1.06g (1.18%), Cholesterol: 129.15mg (43.05%), Sodium: 733.07mg (31.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 46.77g (93.54%), Selenium: 85.48µg (122.12%), Vitamin B12: 7.23µg (120.53%), Vitamin B6: 1.89mg (94.66%), Vitamin B3: 17.98mg (89.92%), Vitamin B2: 0.89mg (52.65%), Phosphorus: 480.8mg (48.08%), Vitamin B5: 3.9mg (38.97%), Vitamin B1: 0.54mg (35.89%), Potassium: 1195.12mg (34.15%), Copper: 0.65mg (32.55%), Manganese: 0.52mg (25.84%), Vitamin K: 24.63µg (23.46%), Magnesium: 78.47mg (19.62%), Folate: 62.75µg (15.69%), Iron: 2.44mg (13.54%), Zinc: 1.76mg (11.75%), Vitamin C: 5.86mg (7.11%), Fiber: 1.49g (5.97%), Calcium: 50.43mg (5.04%), Vitamin A: 146.6IU (2.93%), Vitamin E: 0.43mg (2.88%)