



Chili-Rubbed Salmon



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



274 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup butter
- ☐ 1 tablespoon chili powder
- ☐ 2 teaspoons dillseeds
- ☐ 0.5 teaspoon ground cumin
- ☐ 1 teaspoon lemon pepper
- ☐ 1 sprigs lemon zest fresh
- ☐ 16 ounce salmon steaks

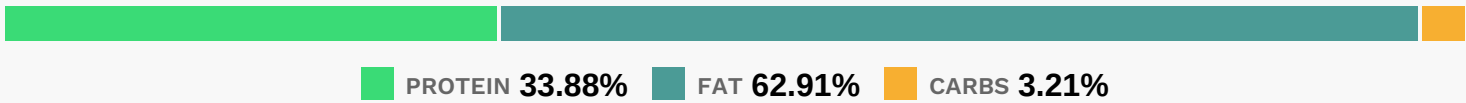
Equipment

☐ frying pan

Directions

- ☐ Combine first 4 ingredients; press evenly over steaks.
- ☐ Melt butter in a large nonstick skillet over medium heat; add steaks, and cook 5 minutes on each side or until fish flakes easily with a fork.
- ☐ Garnish, if desired.
- ☐ Serve with lemon wedges.

Nutrition Facts



Properties

Glycemic Index:20.5, Glycemic Load:0.08, Inflammation Score:-8, Nutrition Score:18.342608765416%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg

Nutrients (% of daily need)

Calories: 274.32kcal (13.72%), Fat: 19.12g (29.42%), Saturated Fat: 3.55g (22.19%), Carbohydrates: 2.19g (0.73%), Net Carbohydrates: 1.09g (0.4%), Sugar: 0.15g (0.17%), Cholesterol: 62.37mg (20.79%), Sodium: 217.24mg (9.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.17g (46.35%), Vitamin B12: 3.62µg (60.34%), Selenium: 41.96µg (59.95%), Vitamin B6: 0.98mg (48.84%), Vitamin B3: 9.2mg (46%), Vitamin B2: 0.46mg (27.11%), Phosphorus: 241.27mg (24.13%), Vitamin A: 1164.19IU (23.28%), Vitamin B5: 1.92mg (19.25%), Vitamin B1: 0.27mg (17.95%), Potassium: 625.7mg (17.88%), Copper: 0.32mg (16.09%), Magnesium: 41.15mg (10.29%), Iron: 1.68mg (9.35%), Vitamin E: 1.22mg (8.11%), Manganese: 0.15mg (7.39%), Folate: 29.38µg (7.34%), Zinc: 0.89mg (5.93%), Calcium: 45.94mg (4.59%), Fiber: 1.11g (4.42%), Vitamin K: 2.95µg (2.81%)