



Creamy Dill Salmon

 Gluten Free

READY IN



15 min.

SERVINGS



15

CALORIES



51 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 tsp dill weed
- 1 optional: lemon cut into 4 wedges
- 0.3 cup mayo mayonnaise dressing fat free kraft
- 2 Tbsp parmesan cheese grated kraft
- 1 lb salmon fillet skinless

Equipment

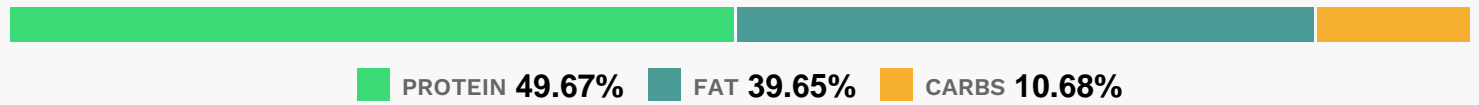
- baking sheet
- aluminum foil

broiler

Directions

- Heat broiler.
- Place fish on foil-covered baking sheet sprayed with cooking spray. Broil, 4 inches from heat, 4 min. Meanwhile, mix mayo and dill weed until blended.
- Remove fish from broiler.
- Spread with mayo mixture; sprinkle with cheese.
- Broil 2 to 4 min. or until topping is golden brown and fish flakes easily with fork.
- Serve with lemon wedges.

Nutrition Facts



Properties

Glycemic Index:2.7, Glycemic Load:0.12, Inflammation Score:-1, Nutrition Score:4.5865218002835%

Flavonoids

Eriodictyol: 1.54mg, Eriodictyol: 1.54mg, Eriodictyol: 1.54mg, Eriodictyol: 1.54mg Hesperetin: 2.01mg, Hesperetin: 2.01mg, Hesperetin: 2.01mg, Hesperetin: 2.01mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 51.07kcal (2.55%), Fat: 2.23g (3.43%), Saturated Fat: 0.43g (2.66%), Carbohydrates: 1.35g (0.45%), Net Carbohydrates: 1.08g (0.39%), Sugar: 0.58g (0.64%), Cholesterol: 17.56mg (5.85%), Sodium: 55.46mg (2.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.28g (12.57%), Vitamin B12: 0.97µg (16.18%), Selenium: 11.31µg (16.16%), Vitamin B6: 0.25mg (12.68%), Vitamin B3: 2.38mg (11.92%), Vitamin B2: 0.12mg (7.01%), Phosphorus: 66.05mg (6.61%), Vitamin B5: 0.52mg (5.19%), Vitamin B1: 0.07mg (4.76%), Vitamin C: 3.82mg (4.63%), Potassium: 161.25mg (4.61%), Copper: 0.08mg (3.97%), Magnesium: 9.66mg (2.41%), Folate: 8.4µg (2.1%), Iron: 0.29mg (1.63%), Zinc: 0.23mg (1.52%), Calcium: 11.63mg (1.16%), Fiber: 0.27g (1.1%)