



WHATSheATE



HEALTH SCORE

51%

Crispy Salmon Strips

READY IN



45 min.

SERVINGS



4

CALORIES



317 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup breadcrumbs dried fine
- ☐ 1 teaspoon dill dried
- ☐ 1 teaspoon lemon pepper (see note above)
- ☐ 2 tablespoons mayonnaise reduced-fat
- ☐ 2 tablespoons milk 2% low-fat ()
- ☐ 0.5 teaspoon salt
- ☐ 1.5 pounds salmon fillet dry rinsed cut into 2- to 3-inch pieces

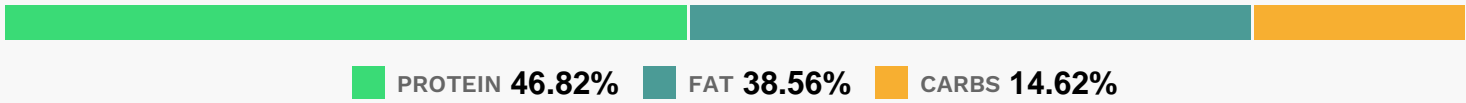
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk

Directions

- ☐ Spray a nonstick 10- by 15-inch baking sheet with cooking spray. In a bowl, whisk mayonnaise and milk. In another bowl, mix bread crumbs, dill, salt, and lemon pepper.
- ☐ Dip each piece of salmon into mayonnaise mixture, turning to coat, then roll in bread-crumb mixture, turning to coat.
- ☐ Place pieces slightly apart on baking sheet and spray lightly with cooking spray.
- ☐ Bake on the top rack of a 475 oven until surface is browned and salmon is opaque but still moist-looking in the center (cut to test), 12 to 14 minutes.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0.06, Inflammation Score:-4, Nutrition Score:26.094782480727%

Nutrients (% of daily need)

Calories: 316.64kcal (15.83%), Fat: 13.15g (20.23%), Saturated Fat: 2.12g (13.27%), Carbohydrates: 11.21g (3.74%), Net Carbohydrates: 10.44g (3.8%), Sugar: 1.46g (1.62%), Cholesterol: 95.05mg (31.68%), Sodium: 525.78mg (22.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.93g (71.86%), Selenium: 65.85µg (94.07%), Vitamin B12: 5.5µg (91.7%), Vitamin B3: 14.29mg (71.44%), Vitamin B6: 1.42mg (70.9%), Vitamin B2: 0.71mg (41.93%), Phosphorus: 373.39mg (37.34%), Vitamin B1: 0.52mg (34.76%), Vitamin B5: 2.94mg (29.43%), Potassium: 889.01mg (25.4%), Copper: 0.47mg (23.46%), Magnesium: 58.16mg (14.54%), Folate: 57.48µg (14.37%), Iron: 2.2mg (12.2%), Manganese: 0.23mg (11.32%), Zinc: 1.34mg (8.91%), Calcium: 61.84mg (6.18%), Vitamin K: 5.48µg (5.22%), Fiber: 0.77g (3.07%), Vitamin A: 105IU (2.1%), Vitamin E: 0.17mg (1.14%)