



Crunchy Dijon Salmon

 Dairy Free

READY IN



22 min.

SERVINGS



6

CALORIES



186 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup japanese breadcrumbs (panko)
- 0.3 teaspoon pepper
- 24 oz salmon fillet
- 0.8 teaspoon salt
- 3 tablespoons whole-grain dijon mustard

Equipment

- baking sheet
- oven

- wire rack
- aluminum foil

Directions

- Preheat oven to 45
- Sprinkle fillets with salt and pepper; spread mustard over tops and sides of each fillet. Press breadcrumbs onto each fillet.
- Place fillets on a lightly greased wire rack on an aluminum foil-lined baking sheet.
- Bake 12 to 15 minutes or until fish flakes with a fork.

Nutrition Facts

PROTEIN 52.33% **FAT 38.65%** **CARBS 9.02%**

Properties

Glycemic Index:10.67, Glycemic Load:0.03, Inflammation Score:-3, Nutrition Score:16.742173922775%

Nutrients (% of daily need)

Calories: 185.56kcal (9.28%), Fat: 7.71g (11.86%), Saturated Fat: 1.19g (7.45%), Carbohydrates: 4.05g (1.35%), Net Carbohydrates: 3.48g (1.27%), Sugar: 0.42g (0.46%), Cholesterol: 62.37mg (20.79%), Sodium: 459.7mg (19.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.49g (46.99%), Selenium: 45.21µg (64.58%), Vitamin B12: 3.62µg (60.39%), Vitamin B6: 0.94mg (46.95%), Vitamin B3: 9.29mg (46.44%), Vitamin B2: 0.46mg (26.83%), Phosphorus: 243.28mg (24.33%), Vitamin B1: 0.32mg (21.26%), Vitamin B5: 1.94mg (19.38%), Potassium: 577.87mg (16.51%), Copper: 0.3mg (15.16%), Magnesium: 38.79mg (9.7%), Folate: 34.24µg (8.56%), Iron: 1.28mg (7.1%), Zinc: 0.85mg (5.65%), Manganese: 0.11mg (5.34%), Calcium: 28.03mg (2.8%), Fiber: 0.57g (2.27%), Vitamin A: 51.14IU (1.02%)