



Dinner Tonight: Potato Chip–Crust Salmon



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



2

CALORIES



338 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons optional: dill fresh minced
- ☐ 1 lime zest
- ☐ 1 teaspoon olive oil
- ☐ 2 handfuls potato chips crushed
- ☐ 0.5 pound salmon
- ☐ 2 servings salt and pepper

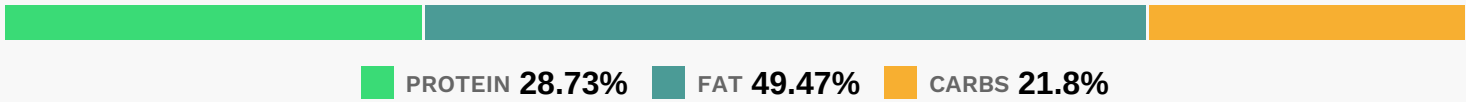
Equipment

- ☐ oven

Directions

- ☐ Preheat the oven to 400°F.
- ☐ Mix the potato chips, lime zest, dill, and olive oil.
- ☐ Season the salmon with salt and pepper, then coat the salmon with the mixture.
- ☐ Place in the oven and bake 20 to 25 minutes.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:0.83, Inflammation Score:-4, Nutrition Score:21.359130424002%

Flavonoids

Hesperetin: 14.4mg, Hesperetin: 14.4mg, Hesperetin: 14.4mg, Hesperetin: 14.4mg Naringenin: 1.14mg, Naringenin: 1.14mg, Naringenin: 1.14mg, Naringenin: 1.14mg Isorhamnetin: 0.26mg, Isorhamnetin: 0.26mg, Isorhamnetin: 0.26mg, Isorhamnetin: 0.26mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg

Nutrients (% of daily need)

Calories: 337.97kcal (16.9%), Fat: 18.78g (28.9%), Saturated Fat: 2.35g (14.68%), Carbohydrates: 18.62g (6.21%), Net Carbohydrates: 16.81g (6.11%), Sugar: 0.66g (0.73%), Cholesterol: 62.37mg (20.79%), Sodium: 392.32mg (17.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.54g (49.09%), Selenium: 42.22µg (60.32%), Vitamin B12: 3.61µg (60.1%), Vitamin B6: 1.09mg (54.59%), Vitamin B3: 10.32mg (51.61%), Vitamin B5: 3.18mg (31.79%), Phosphorus: 276.06mg (27.61%), Vitamin B2: 0.46mg (27.3%), Potassium: 930.31mg (26.58%), Vitamin E: 3.27mg (21.82%), Vitamin B1: 0.33mg (21.75%), Vitamin C: 16.31mg (19.77%), Copper: 0.37mg (18.59%), Magnesium: 52.87mg (13.22%), Manganese: 0.21mg (10.74%), Folate: 40.05µg (10.01%), Iron: 1.52mg (8.44%), Fiber: 1.82g (7.27%), Vitamin K: 7.59µg (7.23%), Zinc: 1.07mg (7.16%), Calcium: 31.93mg (3.19%), Vitamin A: 108.42IU (2.17%)