



Foil-Wrapped Baked Salmon

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



414 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup brown sugar packed
- ☐ 0.3 cup butter diced
- ☐ 1 optional: lemon thinly sliced
- ☐ 1 onion sliced
- ☐ 4 fillet salmon

Equipment

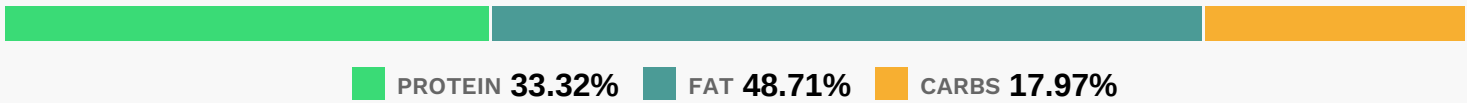
- ☐ baking sheet
- ☐ oven

☐ aluminum foil

Directions

- ☐ Place each fillet on a piece of aluminum foil that has been sprayed with non-stick vegetable spray. Top fillets evenly with onion slices, diced butter, lemon slices and brown sugar. Fold over aluminum foil tightly to make packets; make several holes in top of packets with a fork to allow steam to escape. Arrange packets on an ungreased baking sheet.
- ☐ Bake at 375 degrees for 15 to 20 minutes.

Nutrition Facts



Properties

Glycemic Index:25.63, Glycemic Load:1.02, Inflammation Score:-6, Nutrition Score:25.645217283912%

Flavonoids

Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 5.89mg, Quercetin: 5.89mg, Quercetin: 5.89mg, Quercetin: 5.89mg

Nutrients (% of daily need)

Calories: 414.2kcal (20.71%), Fat: 22.39g (34.45%), Saturated Fat: 8.98g (56.14%), Carbohydrates: 18.58g (6.19%), Net Carbohydrates: 17.36g (6.31%), Sugar: 15.19g (16.87%), Cholesterol: 124mg (41.33%), Sodium: 171.52mg (7.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.46g (68.93%), Vitamin B12: 5.43µg (90.5%), Selenium: 62.6µg (89.43%), Vitamin B6: 1.45mg (72.56%), Vitamin B3: 13.44mg (67.21%), Vitamin B2: 0.66mg (39.04%), Phosphorus: 356.25mg (35.63%), Vitamin B5: 2.95mg (29.48%), Vitamin B1: 0.41mg (27.22%), Potassium: 932.1mg (26.63%), Copper: 0.45mg (22.61%), Vitamin C: 16.34mg (19.81%), Magnesium: 55.73mg (13.93%), Folate: 51.26µg (12.81%), Iron: 1.68mg (9.33%), Vitamin A: 429.04IU (8.58%), Zinc: 1.17mg (7.79%), Fiber: 1.22g (4.89%), Calcium: 48.56mg (4.86%), Manganese: 0.08mg (3.98%), Vitamin E: 0.38mg (2.5%), Vitamin K: 1.1µg (1.05%)