



Herbed Salmon Steaks

 **Gluten Free**  **Dairy Free**  **Very Healthy**  **Low Fod Map**

READY IN



45 min.

SERVINGS



1

CALORIES



596 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon butter melted
- 1 tablespoon juice of lemon
- 0.8 pound salmon steaks
- 0.5 teaspoon onion salt
- 0.3 teaspoon thyme leaves dried
- 0.1 teaspoon pepper
- 1 serving paprika
- 1 serving lemon wedges

1 serving parsley fresh chopped

Equipment

frying pan

oven

Directions

Heat oven to 400°F.

Heat butter and lemon juice in square pan, 8x8x2 inches, in oven until butter is melted.

Place salmon in pan; turn to coat both sides with lemon mixture.

Sprinkle with onion salt, thyme and pepper.

Bake uncovered 25 to 35 minutes or until salmon flakes easily with fork.

Sprinkle with paprika; serve with lemon wedges and parsley.

Nutrition Facts

 **PROTEIN 46.78%**  **FAT 51.25%**  **CARBS 1.97%**

Properties

Glycemic Index:149.5, Glycemic Load:0.17, Inflammation Score:-9, Nutrition Score:42.670434868854%

Flavonoids

Eriodictyol: 0.95mg, Eriodictyol: 0.95mg, Eriodictyol: 0.95mg, Eriodictyol: 0.95mg Hesperetin: 2.45mg, Hesperetin: 2.45mg, Hesperetin: 2.45mg, Hesperetin: 2.45mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 8.63mg, Apigenin: 8.63mg, Apigenin: 8.63mg, Apigenin: 8.63mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 595.54kcal (29.78%), Fat: 33.18g (51.05%), Saturated Fat: 5.74g (35.85%), Carbohydrates: 2.87g (0.96%), Net Carbohydrates: 1.83g (0.67%), Sugar: 0.65g (0.72%), Cholesterol: 187.11mg (62.37%), Sodium: 1448.31mg (62.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 68.14g (136.28%), Vitamin B12: 10.83µg (180.54%), Selenium: 124.34µg (177.62%), Vitamin B6: 2.84mg (142.03%), Vitamin B3: 27.02mg (135.11%), Vitamin B2: 1.33mg (78.33%), Phosphorus: 694.49mg (69.45%), Vitamin K: 67.62µg (64.4%), Vitamin B5: 5.77mg (57.66%), Vitamin B1:

0.78mg (52.32%), Potassium: 1764.03mg (50.4%), Copper: 0.88mg (44.02%), Vitamin A: 1985.14IU (39.7%), Magnesium: 106.87mg (26.72%), Folate: 95.63µg (23.91%), Iron: 3.53mg (19.62%), Zinc: 2.33mg (15.53%), Vitamin C: 12.5mg (15.15%), Vitamin E: 1.07mg (7.15%), Manganese: 0.14mg (6.91%), Calcium: 60.14mg (6.01%), Fiber: 1.04g (4.14%)