



Lemon- and Parmesan-Crusted Salmon

READY IN



35 min.

SERVINGS



4

CALORIES



219 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 cup breadcrumbs fresh white
- ☐ 2 tablespoons butter melted
- ☐ 2 tablespoons spring onion thinly sliced
- ☐ 2 teaspoons lemon zest grated
- ☐ 0.3 cup parmesan cheese grated
- ☐ 1 fillet salmon fillet
- ☐ 0.3 teaspoon salt
- ☐ 0.3 teaspoon thyme leaves dried

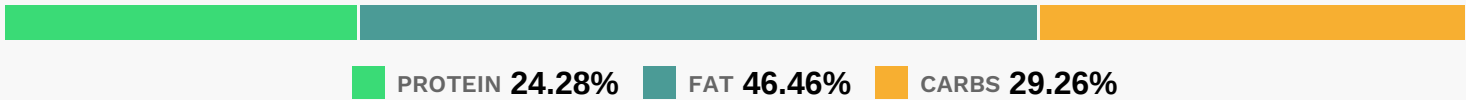
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ baking pan

Directions

- ☐ Heat oven to 375°F. Spray shallow baking pan with cooking spray. Pat salmon dry with paper towel.
- ☐ Place salmon, skin side down, in pan; brush with 1 tablespoon of the butter.
- ☐ Sprinkle with salt.
- ☐ Mix bread crumbs, cheese, onions, lemon peel and thyme in small bowl. Stir in remaining 1 tablespoon butter. Press bread crumb mixture evenly on salmon.
- ☐ Bake uncovered 15 to 25 minutes or until salmon flakes easily with fork.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:19.25, Glycemic Load:0.05, Inflammation Score:-5, Nutrition Score:10.843043444597%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 218.54kcal (10.93%), Fat: 11.16g (17.17%), Saturated Fat: 2.8g (17.5%), Carbohydrates: 15.82g (5.27%), Net Carbohydrates: 14.71g (5.35%), Sugar: 1.37g (1.52%), Cholesterol: 28.81mg (9.6%), Sodium: 488.21mg (21.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.13g (26.25%), Selenium: 22.83µg (32.61%), Vitamin B12: 1.51µg

(25.23%), Vitamin B3: 4.71mg (23.56%), Vitamin B1: 0.3mg (19.77%), Vitamin B6: 0.38mg (19.09%), Phosphorus: 161.01mg (16.1%), Vitamin B2: 0.27mg (15.94%), Calcium: 103.6mg (10.36%), Manganese: 0.21mg (10.28%), Folate: 34.84µg (8.71%), Vitamin B5: 0.85mg (8.51%), Copper: 0.16mg (8.23%), Iron: 1.42mg (7.9%), Potassium: 273.05mg (7.8%), Vitamin K: 7.65µg (7.29%), Vitamin A: 357.8IU (7.16%), Magnesium: 24.38mg (6.1%), Zinc: 0.85mg (5.69%), Fiber: 1.11g (4.45%), Vitamin C: 2.07mg (2.51%), Vitamin E: 0.28mg (1.89%)