



Lemon Panko Crusted Salmon

READY IN

ready

30 min.

SERVINGS

servings

2

CALORIES

calories

343 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon butter melted
- ☐ 0.5 teaspoon parsley dried
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 0.1 teaspoon sea salt
- ☐ 0.5 teaspoon lemon pepper
- ☐ 0.1 teaspoon lemon zest
- ☐ 6 tablespoons panko bread crumbs
- ☐ 1 tablespoon parmesan cheese grated
- ☐ 8 ounce salmon fillet

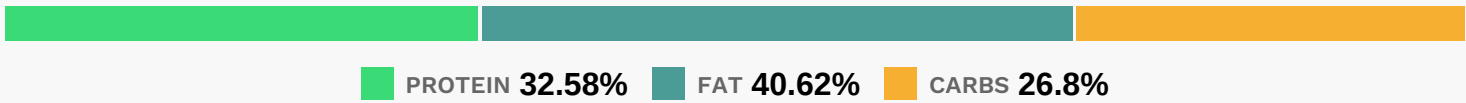
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C). Line a baking sheet with aluminum foil.
- ☐ Combine panko bread crumbs, Parmesan cheese, lemon pepper, thyme, parsley, granulated garlic, and lemon zest in a bowl. Arrange salmon on the prepared baking sheet and brush with melted butter.
- ☐ Sprinkle bread crumb mixture evenly over salmon fillets.
- ☐ Bake in the preheated oven until salmon flakes easily with a fork, 20 to 25 minutes.

Nutrition Facts



Properties

Glycemic Index:43.5, Glycemic Load:0.07, Inflammation Score:-6, Nutrition Score:21.563478405709%

Flavonoids

Apigenin: 1.13mg, Apigenin: 1.13mg, Apigenin: 1.13mg, Apigenin: 1.13mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg

Nutrients (% of daily need)

Calories: 342.94kcal (17.15%), Fat: 15.19g (23.38%), Saturated Fat: 5.47g (34.21%), Carbohydrates: 22.56g (7.52%), Net Carbohydrates: 20.95g (7.62%), Sugar: 1.88g (2.09%), Cholesterol: 79.59mg (26.53%), Sodium: 358.73mg (15.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.42g (54.83%), Selenium: 49.98µg (71.4%), Vitamin B12: 3.76µg (62.61%), Vitamin B3: 10.93mg (54.65%), Vitamin B6: 0.97mg (48.63%), Vitamin B1: 0.55mg (36.68%), Vitamin B2: 0.57mg (33.28%), Phosphorus: 296.02mg (29.6%), Vitamin B5: 2.08mg (20.77%), Manganese: 0.38mg (19.18%), Copper: 0.37mg (18.56%), Potassium: 632.52mg (18.07%), Folate: 61.73µg (15.43%), Iron: 2.74mg (15.24%), Magnesium: 48.47mg (12.12%), Calcium: 99.83mg (9.98%), Zinc: 1.3mg (8.69%), Vitamin K: 7.96µg (7.58%), Fiber: 1.61g (6.42%), Vitamin A: 254.7IU (5.09%), Vitamin E: 0.23mg (1.51%)