



 **67%**
HEALTH SCORE

Mustard-Dill Salmon

 **Gluten Free**  **Very Healthy**

READY IN



15 min.

SERVINGS



2

CALORIES



264 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 2 tablespoons yogurt plain fat-free
- 1.5 teaspoons optional: dill fresh chopped
- 1 garlic clove minced
- 1 tablespoon mustard sweet hot
- 1 teaspoon mustard sweet hot
- 1 tablespoon onion finely minced
- 12 ounce salmon fillet skinless

0.3 teaspoon salt

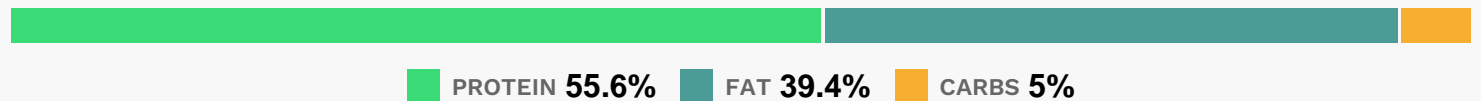
Equipment

- bowl
- frying pan
- oven
- broiler
- broiler pan

Directions

- Preheat broiler.
- Place salmon on a broiler pan coated with cooking spray; sprinkle with salt and pepper. Broil 7 minutes.
- Remove from oven, and spread 1 1/2 teaspoons mustard over each fillet. Broil 3 minutes or until salmon flakes easily when tested with a fork.
- Place a small nonstick skillet coated with cooking spray over medium-high heat.
- Add onion and garlic, and saut 1 to 2 minutes or until tender.
- Transfer onion mixture to a small bowl; stir in yogurt, mustard, and dill. Spoon yogurt mixture over salmon.

Nutrition Facts



Properties

Glycemic Index:84, Glycemic Load:0.31, Inflammation Score:-4, Nutrition Score:25.11304364645%

Flavonoids

Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg

Nutrients (% of daily need)

Calories: 263.73kcal (13.19%), Fat: 11.18g (17.2%), Saturated Fat: 1.72g (10.78%), Carbohydrates: 3.19g (1.06%), Net Carbohydrates: 2.58g (0.94%), Sugar: 1.91g (2.12%), Cholesterol: 93.95mg (31.32%), Sodium: 491.48mg (21.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.5g (70.99%), Selenium: 66.46µg (94.94%), Vitamin B12: 5.53µg (92.18%), Vitamin B6: 1.43mg (71.72%), Vitamin B3: 13.47mg (67.35%), Vitamin B2: 0.7mg (41.38%), Phosphorus: 386.58mg (38.66%), Vitamin B5: 3.01mg (30.08%), Vitamin B1: 0.42mg (27.9%), Potassium: 916.73mg (26.19%), Copper: 0.45mg (22.29%), Magnesium: 59.28mg (14.82%), Folate: 46.77µg (11.69%), Zinc: 1.38mg (9.18%), Iron: 1.61mg (8.92%), Calcium: 71.82mg (7.18%), Manganese: 0.14mg (6.75%), Fiber: 0.61g (2.45%), Vitamin A: 83.93IU (1.68%), Vitamin C: 1.12mg (1.36%)