



Olive-Crusted Salmon

 Dairy Free  Very Healthy

READY IN



21 min.

SERVINGS



4

CALORIES



342 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 0.5 cup breadcrumbs dry
- ☐ 2 garlic cloves minced
- ☐ 0.3 cup kalamata olives pitted chopped
- ☐ 2 teaspoons lemon rind fresh grated
- ☐ 4 servings lemon wedges
- ☐ 1 tablespoon olive oil

- ☐ 24 ounce salmon fillet
- ☐ 0.5 teaspoon salt

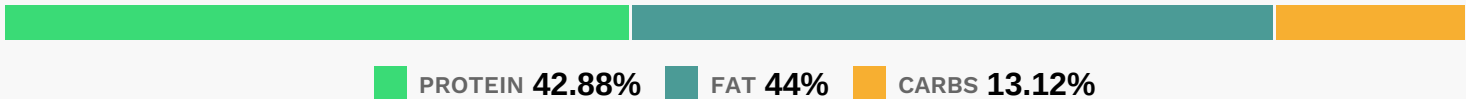
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 40
- ☐ Combine first 5 ingredients in a medium bowl.
- ☐ Add olive oil; stir well.
- ☐ Place fillets, skin sides down, in a baking pan coated with cooking spray; lightly coat fillets with cooking spray.
- ☐ Sprinkle with salt and pepper. Top each fillet with about 1/4 cup breadcrumb mixture, pressing breadcrumb mixture onto fillets.
- ☐ Bake at 400 12 to 15 minutes or until fish flakes easily when tested with a fork.
- ☐ Serve with lemon wedges.

Nutrition Facts



Properties

Glycemic Index:21.88, Glycemic Load:0.17, Inflammation Score:-5, Nutrition Score:26.330869653951%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 341.69kcal (17.08%), Fat: 16.32g (25.1%), Saturated Fat: 2.49g (15.58%), Carbohydrates: 10.95g (3.65%),
Net Carbohydrates: 9.82g (3.57%), Sugar: 0.97g (1.07%), Cholesterol: 93.55mg (31.18%), Sodium: 596.47mg
(25.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.78g (71.56%), Selenium: 65.8µg (94%), Vitamin B12:
5.46µg (90.94%), Vitamin B6: 1.43mg (71.63%), Vitamin B3: 14.31mg (71.54%), Vitamin B2: 0.7mg (41.46%),
Phosphorus: 365.83mg (36.58%), Vitamin B1: 0.52mg (34.77%), Vitamin B5: 2.92mg (29.23%), Potassium:
875.25mg (25.01%), Copper: 0.48mg (23.93%), Folate: 57.87µg (14.47%), Magnesium: 57.16mg (14.29%), Iron:
2.28mg (12.68%), Manganese: 0.2mg (10.16%), Zinc: 1.32mg (8.79%), Calcium: 56.95mg (5.7%), Vitamin E: 0.85mg
(5.68%), Vitamin K: 5.49µg (5.23%), Fiber: 1.13g (4.52%), Vitamin C: 2.35mg (2.85%), Vitamin A: 107.49IU (2.15%)