



Panko-Crusted Salmon

 Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



409 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons dijon mustard
- 2 tablespoons parsley fresh minced
- 4 servings kosher salt and pepper black freshly ground
- 4 servings lemon wedges for serving
- 1 teaspoon lemon zest grated
- 2 tablespoons olive oil good
- 0.7 cup panko bread crumbs dried (Japanese bread flakes)
- 24 ounce salmon fillet

2 tablespoons vegetable oil

Equipment

bowl

frying pan

oven

aluminum foil

Directions

Watch how to make this recipe.

Preheat the oven to 425 degrees.

In a small bowl, mix together the panko, parsley, lemon zest, 1/2 teaspoon salt, and 1/2 teaspoon pepper.

Drizzle with the olive oil and stir until the crumbs are evenly coated. Set aside.

Place the salmon fillets, skin side down, on a board. Generously brush the top of the fillets with mustard and then sprinkle generously with salt and pepper. Press the panko mixture thickly on top of the mustard on each salmon fillet. The mustard will help the panko adhere.

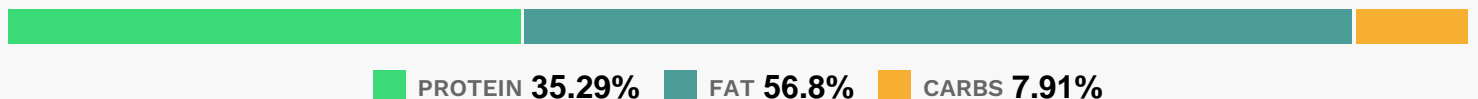
Heat the vegetable oil over medium-high heat in a 12-inch cast-iron skillet or large heavy, ovenproof pan. When the oil is very hot, add the salmon fillets, skin side down, and sear for 3 to 4 minutes, without turning, to brown the skin.

Transfer the pan to the hot oven for 5 to 7 minutes until the salmon is almost cooked and the panko is browned.

Remove from the oven, cover with aluminum foil, and allow to rest for 5 to 10 minutes.

Serve the salmon hot or at room temperature with lemon wedges.

Nutrition Facts



Properties

Glycemic Index:30.38, Glycemic Load:0.07, Inflammation Score:-5, Nutrition Score:28.289565345515%

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 Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 409.1kcal (20.46%), Fat: 25.39g (39.06%), Saturated Fat: 3.82g (23.85%), Carbohydrates: 7.96g (2.65%), Net Carbohydrates: 7.01g (2.55%), Sugar: 0.79g (0.88%), Cholesterol: 93.55mg (31.18%), Sodium: 231.87mg (10.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.49g (70.98%), Selenium: 67.17µg (95.96%), Vitamin B12: 5.44µg (90.73%), Vitamin B6: 1.41mg (70.62%), Vitamin B3: 14.11mg (70.53%), Vitamin K: 50.46µg (48.05%), Vitamin B2: 0.69mg (40.84%), Phosphorus: 366.33mg (36.63%), Vitamin B1: 0.5mg (33.19%), Vitamin B5: 2.92mg (29.21%), Potassium: 878.98mg (25.11%), Copper: 0.46mg (23.07%), Magnesium: 58.55mg (14.64%), Folate: 56.98µg (14.25%), Iron: 2.15mg (11.93%), Vitamin E: 1.62mg (10.78%), Zinc: 1.31mg (8.71%), Manganese: 0.17mg (8.33%), Vitamin A: 242.86IU (4.86%), Calcium: 47.64mg (4.76%), Vitamin C: 3.87mg (4.68%), Fiber: 0.94g (3.78%)