



Parmesan Baked Salmon

READY IN



25 min.

SERVINGS



25

CALORIES



49 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.1 tsp ground pepper red (cayenne)
- 2 tsp juice of lemon
- 0.3 cup real mayo mayonnaise kraft
- 2 Tbsp parmesan cheese grated kraft
- 0.5 cup ritz crackers crushed
- 1 lb salmon fillet skinless

Equipment

- frying pan

- oven
- aluminum foil

Directions

- Heat oven to 400F.
- Mix mayo, cheese and pepper until blended.
- Place fish in shallow foil-lined pan; drizzle with lemon juice. Cover with mayo mixture; sprinkle with cracker crumbs.
- Bake 12 to 15 min. or until fish flakes easily with fork.

Nutrition Facts



Properties

Glycemic Index:3.28, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:2.8752174085897%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 48.7kcal (2.44%), Fat: 3.22g (4.95%), Saturated Fat: 0.57g (3.55%), Carbohydrates: 0.86g (0.29%), Net Carbohydrates: 0.83g (0.3%), Sugar: 0.12g (0.14%), Cholesterol: 11.27mg (3.76%), Sodium: 39.8mg (1.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.83g (7.66%), Selenium: 6.87µg (9.81%), Vitamin B12: 0.59µg (9.75%), Vitamin B6: 0.15mg (7.5%), Vitamin B3: 1.49mg (7.43%), Vitamin B2: 0.07mg (4.36%), Phosphorus: 42.63mg (4.26%), Vitamin K: 4.27µg (4.06%), Vitamin B1: 0.05mg (3.12%), Vitamin B5: 0.31mg (3.12%), Potassium: 92.11mg (2.63%), Copper: 0.05mg (2.38%), Magnesium: 5.69mg (1.42%), Folate: 5.63µg (1.41%), Iron: 0.21mg (1.15%)