



Parmesan Crusted Salmon

READY IN

ready

40 min.

SERVINGS

servings

4

CALORIES

calories

585 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon butter melted
- ☐ 1 teaspoon dill weed
- ☐ 1 teaspoon tarragon dried
- ☐ 1 tablespoon garlic minced
- ☐ 1 cup seasoned bread crumbs italian
- ☐ 0.5 cup parmesan cheese
- ☐ 0.3 cup onion red chopped
- ☐ 2 pounds salmon steaks
- ☐ 0.3 cup teriyaki sauce

☐ 1 cup white wine

Equipment

☐ bowl

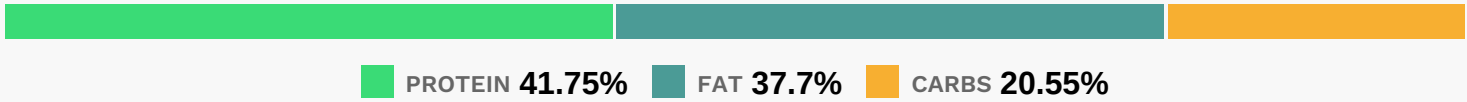
☐ sauce pan

☐ spatula

Directions

- ☐ In a shallow, medium bowl mix Parmesan cheese, Italian seasoned bread crumbs, tarragon and dill.
- ☐ In a medium saucepan over medium heat, blend white wine, teriyaki sauce, butter, red onion and garlic. Cook and stir until onions are tender.
- ☐ Press one side of each salmon steak into the Parmesan cheese mixture.
- ☐ Place steaks crust side up in saucepan with white wine mixture. Cook over medium high heat until most of the liquid is reduced, 10 to 15 minutes, then flip with a spatula. Continue cooking until crust is golden brown and fish is easily flaked with a fork.

Nutrition Facts



Properties

Glycemic Index:58.5, Glycemic Load:0.89, Inflammation Score:-7, Nutrition Score:37.648695775996%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Isorhamnetin: 0.51mg, Isorhamnetin: 0.51mg, Isorhamnetin: 0.51mg, Isorhamnetin: 0.51mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.1mg, Quercetin: 2.1mg, Quercetin: 2.1mg, Quercetin: 2.1mg

Nutrients (% of daily need)

Calories: 584.73kcal (29.24%), Fat: 22.15g (34.08%), Saturated Fat: 6.51g (40.67%), Carbohydrates: 27.17g (9.06%), Net Carbohydrates: 25.43g (9.25%), Sugar: 5.38g (5.98%), Cholesterol: 141.06mg (47.02%), Sodium: 1416.81mg (61.6%), Alcohol: 6.18g (100%), Alcohol %: 2.16% (100%), Protein: 55.2g (110.39%), Selenium: 93.65µg (133.79%), Vitamin B12: 7.47µg (124.55%), Vitamin B6: 2.01mg (100.74%), Vitamin B3: 20.07mg (100.37%), Phosphorus: 640.34mg (64.03%), Vitamin B2: 1.06mg (62.49%), Vitamin B1: 0.82mg (54.95%), Vitamin B5: 4.11mg (41.09%), Potassium: 1313.95mg (37.54%), Copper: 0.68mg (33.89%), Magnesium: 105.37mg (26.34%), Calcium: 252.22mg (25.22%), Folate: 98.79µg (24.7%), Manganese: 0.49mg (24.53%), Iron: 4.08mg (22.67%), Zinc: 2.38mg (15.85%), Vitamin K: 14.57µg (13.88%), Vitamin A: 357.02IU (7.14%), Fiber: 1.74g (6.95%), Vitamin C: 2.45mg (2.96%), Vitamin E: 0.19mg (1.27%)