



Pesto-Glazed Salmon Fillet



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



225 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



0.3 cup basil pesto



0.3 cup salad dressing



2 lb salmon fillet

Equipment



bowl



oven

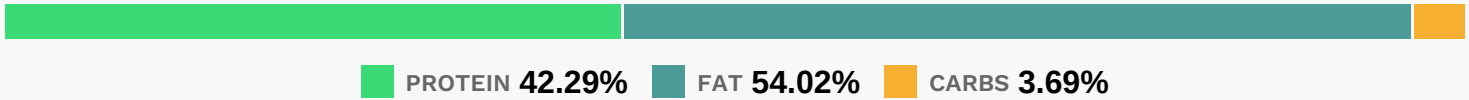


glass baking pan

Directions

- ☐ Heat oven to 375F. Spray 13x9-inch glass baking dish with cooking spray.
- ☐ Place salmon fillet, skin side down, in dish. In small bowl, stir together mayonnaise and pesto; spread over salmon.
- ☐ Bake uncovered 30 to 35 minutes or until salmon flakes easily with fork.
- ☐ Let stand 5 minutes.
- ☐ Place on serving platter.
- ☐ Cut into serving pieces.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-4, Nutrition Score:16.000434776525%

Nutrients (% of daily need)

Calories: 224.52kcal (11.23%), Fat: 13.08g (20.12%), Saturated Fat: 2.06g (12.89%), Carbohydrates: 2.01g (0.67%), Net Carbohydrates: 1.85g (0.67%), Sugar: 1.39g (1.54%), Cholesterol: 63.2mg (21.07%), Sodium: 243.74mg (10.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.03g (46.07%), Vitamin B12: 3.61µg (60.1%), Selenium: 41.59µg (59.41%), Vitamin B6: 0.93mg (46.69%), Vitamin B3: 8.93mg (44.63%), Vitamin B2: 0.43mg (25.35%), Phosphorus: 228.26mg (22.83%), Vitamin B5: 1.89mg (18.87%), Vitamin B1: 0.26mg (17.22%), Potassium: 563.88mg (16.11%), Copper: 0.29mg (14.27%), Magnesium: 33.38mg (8.34%), Folate: 28.35µg (7.09%), Iron: 0.99mg (5.51%), Vitamin K: 5.48µg (5.22%), Vitamin A: 257.2IU (5.14%), Zinc: 0.73mg (4.88%), Calcium: 31.52mg (3.15%), Vitamin E: 0.21mg (1.43%), Manganese: 0.02mg (1.06%)