



Prosciutto-Wrapped Salmon



Gluten Free



Dairy Free



Low Fod Map

READY IN



25 min.

SERVINGS



6

CALORIES



362 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



2 tablespoons olive oil extra-virgin



0.3 pound pancetta very thin



36 ounces center-cut pieces of salmon fillet halved

Equipment



oven

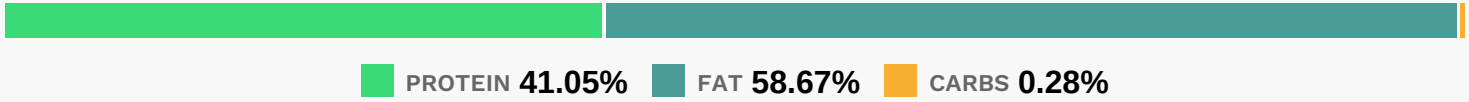


baking pan

Directions

- ☐ Preheat oven to 425°F.
- ☐ Season salmon lightly with salt and wrap each piece in a slice of prosciutto, leaving ends of salmon exposed.
- ☐ Transfer, seam sides down, to an oiled large shallow baking pan. Season with pepper and drizzle each piece with 1/2 teaspoon oil.
- ☐ Bake in middle of oven until just cooked through, 8 to 9 minutes.
- ☐ Serve over
- ☐ Herbed Bean Ragout

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-4, Nutrition Score:24.47608736287%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 361.6kcal (18.08%), Fat: 22.95g (35.31%), Saturated Fat: 4.83g (30.16%), Carbohydrates: 0.24g (0.08%), Net Carbohydrates: 0.24g (0.09%), Sugar: 0g (0%), Cholesterol: 106.03mg (35.34%), Sodium: 200.05mg (8.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.13g (72.26%), Selenium: 65.88µg (94.12%), Vitamin B12: 5.5µg (91.73%), Vitamin B6: 1.44mg (72.08%), Vitamin B3: 14.13mg (70.65%), Vitamin B2: 0.66mg (38.92%), Phosphorus: 367.41mg (36.74%), Vitamin B5: 2.94mg (29.35%), Vitamin B1: 0.44mg (29.11%), Potassium: 870.94mg (24.88%), Copper: 0.43mg (21.66%), Magnesium: 51.6mg (12.9%), Folate: 42.52µg (10.63%), Zinc: 1.31mg (8.74%), Iron: 1.46mg (8.14%), Vitamin E: 0.75mg (5.02%), Vitamin K: 2.81µg (2.68%), Calcium: 21.4mg (2.14%), Vitamin A: 75.03IU (1.5%), Manganese: 0.03mg (1.46%)