



Roast Salmon with Whole-Grain-Mustard Crust



Gluten Free



Dairy Free



Low Fod Map

READY IN



20 min.

SERVINGS



20

CALORIES



56 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 tablespoons chives minced
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 4 fillet skin-on salmon wild
- ☐ 20 servings salt and pepper freshly ground
- ☐ 0.3 cup whole-grain mustard

Equipment

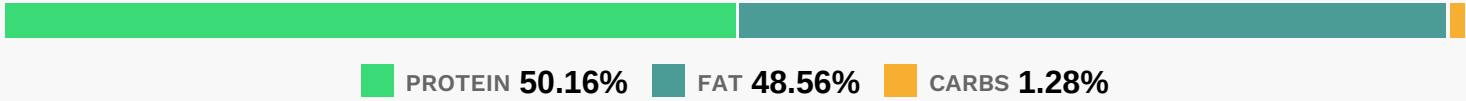
- ☐ bowl
- ☐ baking sheet

- ☐ oven
- ☐ aluminum foil
- ☐ broiler
- ☐ spatula

Directions

- ☐ Preheat the oven to 400 and line a rimmed baking sheet with aluminum foil. In a small bowl, stir together the mustard, olive oil and chives.
- ☐ Season the salmon fillets with salt and pepper and place them skin side down on the prepared baking sheet.
- ☐ Spread the mustard mixture over the tops of the fillets. Roast the fish for 6 minutes.
- ☐ Preheat the broiler. Broil the salmon 6 inches from the heat for about 4 minutes, until the mustard crust is browned and the salmon is almost cooked through. Using a spatula, carefully slide the salmon fillets off their skins and transfer to plates; leave the skin on, if desired.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:3.85, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:4.9256521716066%

Flavonoids

Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 56.43kcal (2.82%), Fat: 2.96g (4.56%), Saturated Fat: 0.44g (2.74%), Carbohydrates: 0.17g (0.06%), Net Carbohydrates: 0.04g (0.01%), Sugar: 0.05g (0.05%), Cholesterol: 18.7mg (6.23%), Sodium: 243.01mg (10.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.89g (13.77%), Selenium: 13.47µg (19.24%), Vitamin B12: 1.08µg (18.02%), Vitamin B6: 0.28mg (14.03%), Vitamin B3: 2.69mg (13.46%), Vitamin B2: 0.13mg (7.74%), Phosphorus: 71.49mg (7.15%), Vitamin B5: 0.58mg (5.76%), Vitamin B1: 0.08mg (5.53%), Potassium: 171.98mg (4.91%), Copper: 0.09mg (4.39%), Magnesium: 11.45mg (2.86%), Folate: 8.95µg (2.24%), Iron: 0.33mg (1.84%), Zinc: 0.24mg (1.6%)