



Roasted Salmon with Dill-Yogurt Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



352 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup cream and yogurt plain sour
- ☐ 0.5 cucumber english seedless grated ()
- ☐ 2 cloves garlic minced
- ☐ 2 tablespoons juice of lemon
- ☐ 1.5 pounds salmon fillet with skin 1-inch-thick
- ☐ 4 servings salt and pepper

Equipment

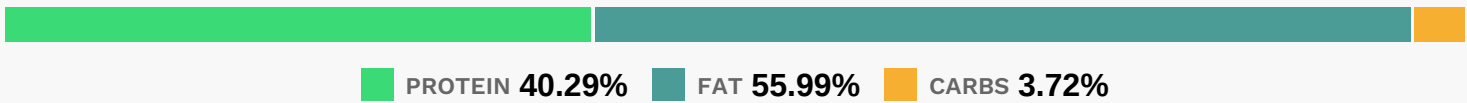
- ☐ bowl

- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 35
- ☐ In a small bowl, stir together the cucumber, sour cream, yogurt, dill, 1 minced garlic clove, 1 tablespoon lemon juice, and salt and pepper to taste. Set aside.
- ☐ Line a large baking pan with aluminum foil. Rinse salmon and pat dry; put skin side down in the pan.
- ☐ Sprinkle with remaining minced garlic clove, lemon juice, and salt and pepper to taste.
- ☐ Bake until barely opaque in the center, 10 to 15 minutes.
- ☐ Serve salmon warm or cold with yogurt sauce.
- ☐ Garnish with dill sprigs, if you like.

Nutrition Facts



Properties

Glycemic Index:7.5, Glycemic Load:0.14, Inflammation Score:-6, Nutrition Score:25.547826383425%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 352.2kcal (17.61%), Fat: 21.59g (33.22%), Saturated Fat: 8.53g (53.31%), Carbohydrates: 3.22g (1.07%), Net Carbohydrates: 2.98g (1.08%), Sugar: 1.7g (1.89%), Cholesterol: 127.17mg (42.39%), Sodium: 277.75mg (12.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.96g (69.92%), Vitamin B12: 5.46µg (90.94%), Selenium: 63.31µg (90.44%), Vitamin B6: 1.44mg (71.94%), Vitamin B3: 13.44mg (67.21%), Vitamin B2: 0.72mg (42.2%), Phosphorus: 369.34mg (36.93%), Vitamin B5: 3.02mg (30.22%), Vitamin B1: 0.41mg (27.02%), Potassium:

930.64mg (26.59%), Copper: 0.45mg (22.49%), Magnesium: 57.12mg (14.28%), Folate: 47.88µg (11.97%), Vitamin A: 545.32IU (10.91%), Iron: 1.53mg (8.49%), Zinc: 1.26mg (8.38%), Vitamin K: 7.13µg (6.79%), Vitamin C: 4.6mg (5.57%), Calcium: 49.33mg (4.93%), Manganese: 0.08mg (4.18%), Vitamin D: 0.48µg (3.17%), Vitamin E: 0.3mg (1.98%)