



Salmon Supreme



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



2

CALORIES



476 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.1 lb butter melted
- ☐ 0.3 cup juice of lemon
- ☐ 0.3 teaspoon paprika
- ☐ 2 servings bell pepper
- ☐ 2 salmon steaks thick each 1 in. ; 1 lb. total
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon worcestershire

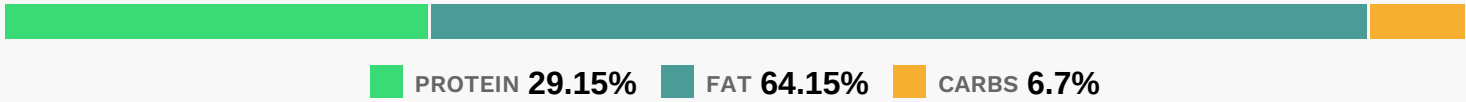
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Rinse salmon steaks and pat dry. In an 8-inch square baking dish, mix lemon juice, butter, Worcestershire, salt, paprika, and pepper.
- ☐ Add salmon and turn to coat, then place steaks side by side.
- ☐ Bake in a 400 oven for 10 minutes; turn fish over and spoon some of the sauce mixture on top.
- ☐ Bake until fish is opaque but still moist-looking in the center (cut to test), 10 to 15 minutes longer.
- ☐ Sprinkle with parsley, if desired.

Nutrition Facts



Properties

Glycemic Index:48.5, Glycemic Load:0.95, Inflammation Score:-10, Nutrition Score:34.093478679657%

Flavonoids

Eriodictyol: 1.98mg, Eriodictyol: 1.98mg, Eriodictyol: 1.98mg, Eriodictyol: 1.98mg Hesperetin: 5.88mg, Hesperetin: 5.88mg, Hesperetin: 5.88mg, Hesperetin: 5.88mg Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 476kcal (23.8%), Fat: 34.12g (52.5%), Saturated Fat: 16.3g (101.91%), Carbohydrates: 8.03g (2.68%), Net Carbohydrates: 6.25g (2.27%), Sugar: 4.5g (5%), Cholesterol: 154.45mg (51.48%), Sodium: 881.01mg (38.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.88g (69.77%), Vitamin C: 111.49mg (135.14%), Vitamin B12: 5.45µg (90.9%), Selenium: 62.48µg (89.26%), Vitamin B6: 1.63mg (81.62%), Vitamin B3: 14.19mg (70.93%), Vitamin A: 3236.99IU (64.74%), Vitamin B2: 0.73mg (43.06%), Phosphorus: 372.01mg (37.2%), Vitamin B5: 3.16mg (31.56%), Potassium: 1068.71mg (30.53%), Vitamin B1: 0.44mg (29.24%), Copper: 0.45mg (22.62%), Folate: 86.12µg (21.53%), Magnesium: 62.1mg (15.52%), Vitamin E: 1.97mg (13.14%), Iron: 1.94mg (10.75%), Zinc: 1.34mg (8.92%), Fiber: 1.77g (7.09%), Manganese: 0.12mg (6.05%), Vitamin K: 5.87µg (5.59%), Calcium: 39mg (3.9%)