



Salmon with Lemon and Dill



Gluten Free



Popular

READY IN

ready

35 min.

SERVINGS

servings

4

CALORIES

calories

270 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings pepper black freshly ground to taste
- ☐ 0.3 cup butter melted
- ☐ 1 tablespoon dill weed dried
- ☐ 0.3 teaspoon garlic powder
- ☐ 5 tablespoons juice of lemon
- ☐ 1 pound salmon fillet
- ☐ 4 servings sea salt to taste

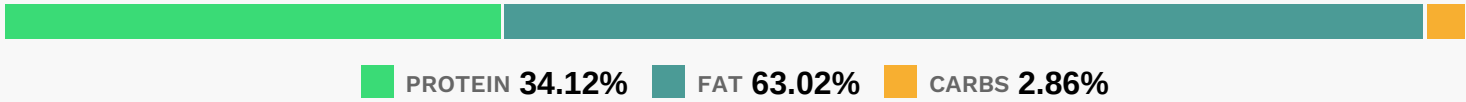
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Lightly grease a medium baking dish.
- ☐ Place salmon in the baking dish.
- ☐ Mix the butter and lemon juice in a small bowl, and drizzle over the salmon. Season with dill, garlic powder, sea salt, and pepper.
- ☐ Bake 25 minutes in the preheated oven, or until salmon is easily flaked with a fork.

Nutrition Facts



Properties

Glycemic Index:21.75, Glycemic Load:0.02, Inflammation Score:-5, Nutrition Score:16.958695637143%

Flavonoids

Eriodictyol: 0.92mg, Eriodictyol: 0.92mg, Eriodictyol: 0.92mg, Eriodictyol: 0.92mg Hesperetin: 2.71mg, Hesperetin: 2.71mg, Hesperetin: 2.71mg, Hesperetin: 2.71mg Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 269.64kcal (13.48%), Fat: 18.78g (28.89%), Saturated Fat: 8.42g (52.6%), Carbohydrates: 1.92g (0.64%), Net Carbohydrates: 1.72g (0.63%), Sugar: 0.49g (0.54%), Cholesterol: 92.87mg (30.96%), Sodium: 336.79mg (14.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.88g (45.75%), Vitamin B12: 3.63µg (60.5%), Selenium: 41.6µg (59.43%), Vitamin B6: 0.95mg (47.64%), Vitamin B3: 8.96mg (44.8%), Vitamin B2: 0.44mg (25.95%), Phosphorus: 236.71mg (23.67%), Vitamin B5: 1.93mg (19.3%), Vitamin B1: 0.27mg (17.7%), Potassium: 606.78mg (17.34%), Copper: 0.29mg (14.63%), Magnesium: 38mg (9.5%), Vitamin C: 7.63mg (9.25%), Vitamin A: 445.45IU (8.91%), Folate: 32.63µg (8.16%), Iron: 1.31mg (7.29%), Zinc: 0.78mg (5.2%), Manganese: 0.07mg (3.26%), Calcium: 32.23mg (3.22%), Vitamin E: 0.36mg (2.4%), Vitamin K: 1.16µg (1.1%)