



Salmon with Parmesan-Herb Crust

READY IN



35 min.

SERVINGS



4

CALORIES



415 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons butter melted
- 0.5 cup breadcrumbs dry fine
- 1 tablespoon juice of lime fresh
- 1 teaspoon olive oil
- 2 oz parmesan cheese shredded
- 24 oz salmon fillet
- 0.3 teaspoon salt
- 1.5 teaspoons tomato-basil seasoning blend salt-free

Equipment

- frying pan
- oven
- aluminum foil

Directions

- Preheat oven to 37
- Sprinkle salmon with salt.
- Place salmon on a lightly greased aluminum foil-lined 15- x 10-inch jelly-roll pan; pour lime juice and olive oil over salmon.
- Stir together breadcrumbs and next 3 ingredients; spread over salmon.
- Bake at 375 for 20 minutes or just to desired degree of doneness.
- Serve immediately.
- Note: We tested with Mrs. Dash Tomato Basil Garlic Seasoning Blend.

Nutrition Facts

PROTEIN 40.08% **FAT 48.38%** **CARBS 11.54%**

Properties

Glycemic Index:20.5, Glycemic Load:0.15, Inflammation Score:-6, Nutrition Score:29.207826390215%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 415.29kcal (20.76%), Fat: 21.92g (33.72%), Saturated Fat: 7.92g (49.51%), Carbohydrates: 11.77g (3.92%), Net Carbohydrates: 10.36g (3.77%), Sugar: 1.09g (1.22%), Cholesterol: 118.24mg (39.41%), Sodium: 591.65mg (25.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.86g (81.72%), Selenium: 68.83µg (98.33%), Vitamin B12: 5.64µg (93.97%), Vitamin B6: 1.44mg (72.08%), Vitamin B3: 14.4mg (71.99%), Phosphorus: 465.78mg (46.58%), Vitamin B2: 0.76mg (44.74%), Vitamin B1: 0.53mg (35%), Vitamin B5: 3mg (29.98%), Potassium: 902.37mg

(25.78%), Calcium: 244.77mg (24.48%), Copper: 0.48mg (23.85%), Magnesium: 66.8mg (16.7%), Folate: 62.93µg (15.73%), Iron: 2.82mg (15.67%), Vitamin K: 13.74µg (13.08%), Manganese: 0.25mg (12.37%), Zinc: 1.73mg (11.56%), Vitamin A: 386.99IU (7.74%), Fiber: 1.41g (5.63%), Vitamin E: 0.69mg (4.63%), Vitamin C: 1.17mg (1.42%)