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Atlantic Baked Salmon ♦♦

Atlantic Baked Salmon is a delicious and healthy dish that is perfect for any occasion. It is made with fresh Atlantic salmon fillets, seasoned with herbs and spices, and baked to perfection. The salmon is tender and flaky, with a flavorful crust on top. It can be served with a side of vegetables or a salad for a complete meal.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: 20 mins

Total Time: 30 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

| | |
|---------------|-------------------------|
| 500 g | atlantic salmon fillets |
| 2 tbsp | olive oil |
| 2 tbsp | fresh lemon juice |
| 1 tsp | garlic powder |
| 1 tsp | dried dill |

1 tsp salt

1 tsp black pepper

Directions

Step 1

Preheating

Preheat the oven to 400°F (200°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Mixing

In a small bowl, mix together the olive oil, lemon juice, garlic powder, dried dill, salt, and black pepper.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Baking

Place the salmon fillets on a baking sheet lined with parchment paper. Brush the olive oil mixture over the salmon.

Prep Time: 5 mins

Cook Time: 20 mins

Step 4

Baking

Bake the salmon in the preheated oven for 15-20 minutes, or until it is cooked through and flakes easily with a fork.

Prep Time: 0 mins

Cook Time: 20 mins

Step 5

Resting

Remove the salmon from the oven and let it rest for a few minutes before serving.

Prep Time: 0 mins

Cook Time: 0 mins

Step 6

Serving

Serve the Atlantic Baked Salmon with a side of vegetables or a salad.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 280 kcal

Fat: 18 g

Protein: 26 g

Carbohydrates: 1 g

Nutrition Facts

Proteins

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|----------|-------|------------------------|--------------------------|
| Protein | 26 g | 152.94% | 152.94% |

Carbohydrates

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|---------------|-------|------------------------|--------------------------|
| Carbohydrates | 1 g | 1.82% | 2% |
| Fibers | 0 g | 0% | 0% |
| Sugars | 0 g | N/A | N/A |
| Lactose | 0 g | N/A | N/A |

Fats

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|---------------------|-------|------------------------|--------------------------|
| Monounsaturated Fat | 10 g | N/A | N/A |
| Saturated Fat | 3 g | 13.64% | 17.65% |
| Fat | 18 g | 64.29% | 72% |
| Cholesterol | 70 mg | N/A | N/A |

Vitamins

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|-------------|--------|------------------------|--------------------------|
| Vitamin A | 8 iu | 0.89% | 1.14% |
| Vitamin C | 4 mg | 4.44% | 5.33% |
| Vitamin B6 | 30 mg | 2307.69% | 2307.69% |
| Vitamin B12 | 80 mcg | 3333.33% | 3333.33% |
| Vitamin E | 15 mg | 100% | 100% |
| Vitamin D | 10 mcg | 66.67% | 66.67% |

Minerals

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|----------|--------|------------------------|--------------------------|
| Sodium | 400 mg | 17.39% | 17.39% |
| Calcium | 2 mg | 0.2% | 0.2% |

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|-----------|--------|------------------------|--------------------------|
| Iron | 4 mg | 50% | 22.22% |
| Potassium | 600 mg | 17.65% | 23.08% |
| Zinc | 10 mg | 90.91% | 125% |
| Selenium | 70 mcg | 127.27% | 127.27% |

Recipe Attributes

Seasonality

Summer Fall

Events

Thanksgiving Picnic

Cuisines

Italian Thai Mediterranean Spanish American Middle Eastern

Nutritional Content

Low Calorie High Protein Low Fat High Fiber Low Sodium High Vitamin C
High Iron High Calcium

Kitchen Tools

Blender

Course

Appetizers

Meal Type

Lunch Dinner Snack

Difficulty Level

Medium

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