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Quick Broiled Salmon ♦♦

This quick broiled salmon recipe is perfect for a healthy and delicious meal. The salmon is seasoned with herbs and spices, then broiled to perfection in just 7 minutes. It's a great option for a quick weeknight dinner or a special occasion.

Recipe Type: Standard

Prep Time: 5 mins

Cook Time: 7 mins

Total Time: 12 mins

Recipe Yield: 500 grams

Number of Servings: 2

Serving Size: 250 g

Ingredients

500 g	salmon fillets
2 tbsp	olive oil
2 tbsp	lemon juice
1 tsp	garlic powder
1 tsp	paprika

1 tsp	dried dill
1 tsp	salt
0.5 tsp	black pepper

Directions

Step 1

Preheating

Preheat the broiler on high.

Prep Time: 1 mins

Cook Time: 0 mins

Step 2

Mixing

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

Prep Time: 3 mins

Cook Time: 0 mins

Step 3

Brushing

Place the salmon fillets on a baking sheet lined with aluminum foil. Brush the mixture over the salmon.

Prep Time: 1 mins

Cook Time: 0 mins

Step 4

Broiling

Broil the salmon for 7 minutes or until cooked through and lightly browned on top.

Prep Time: 0 mins

Cook Time: 7 mins

Nutrition Facts

Calories: 400 kcal

Fat: 20 g

Protein: 45 g

Carbohydrates: 2 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	45 g	264.71%	264.71%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	2 g	3.64%	4%
Fibers	1 g	2.63%	4%
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	20 g	71.43%	80%
Cholesterol	120 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	15 mg	16.67%	20%
Vitamin B6	20 mg	1538.46%	1538.46%
Vitamin B12	100 mcg	4166.67%	4166.67%
Vitamin E	10 mg	66.67%	66.67%
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	4 mg	0.4%	0.4%
Iron	10 mg	125%	55.56%
Potassium	800 mg	23.53%	30.77%
Zinc	15 mg	136.36%	187.5%
Selenium	70 mcg	127.27%	127.27%

Recipe Attributes

Seasonality

Spring

Summer

Fall

Events

Christmas

Barbecue

Cuisines

Italian

French

Thai

Mediterranean

American

Middle Eastern

Nutritional Content

Low Calorie

High Protein

Low Fat

Low Carb

High Fiber

Low Sodium

Sugar-Free

High Vitamin C

High Iron

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Easy

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