



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

## Salmon Crackers ♦

Salmon Crackers are a delicious and savory snack that can be enjoyed any time of the day. They are made with fresh salmon fillets, mixed with herbs and spices, and baked until crispy. These crackers are perfect for parties, picnics, or as a quick and healthy snack option. Try them with your favorite dip or enjoy them on their own for a flavorful and satisfying treat.

**Recipe Type:** Standard

**Prep Time:** 15 mins

**Cook Time:** 20 mins

**Total Time:** 35 mins

**Recipe Yield:** 200 grams

**Number of Servings:** 10

**Serving Size:** 20 g

### Ingredients

200 g	salmon fillets
100 g	flour
50 g	butter
10 g	Dill

5 g	Salt
5 g	Pepper

## Directions

### Step 1

#### Preheating

Preheat the oven to 180°C (350°F).

**Prep Time:** 5 mins

**Cook Time:** 0 mins

### Step 2

#### Mixing

In a mixing bowl, combine the flour, butter, dill, salt, and pepper. Mix until the ingredients are well combined.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

### Step 3

#### Mixing

Add the salmon fillets to the mixture and mix until the salmon is fully coated with the flour mixture.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

---

## Step 4

Place the coated salmon fillets on a baking sheet lined with parchment paper.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

---

## Step 5

**Baking**

Bake in the preheated oven for 20 minutes or until the salmon is cooked through and the crackers are crispy.

**Prep Time:** 0 mins

**Cook Time:** 20 mins

---

## Step 6

**Cooling**

Remove from the oven and let cool for a few minutes before serving.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

---

## Nutrition Facts

**Calories:** 200 kcal

**Fat:** 10 g

**Protein:** 15 g

**Carbohydrates:** 15 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	15 g	88.24%	88.24%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	15 g	27.27%	30%
Fibers	2 g	5.26%	8%
Sugars	1 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	3 g	13.64%	17.65%
Fat	10 g	35.71%	40%
Cholesterol	50 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	5 mg	5.56%	6.67%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	20 mcg	833.33%	833.33%
Vitamin E	6 mg	40%	40%
Vitamin D	2 mcg	13.33%	13.33%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	200 mg	8.7%	8.7%
Calcium	2 mg	0.2%	0.2%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	8 mg	100%	44.44%
Potassium	10 mg	0.29%	0.38%
Zinc	10 mg	90.91%	125%
Selenium	15 mcg	27.27%	27.27%

## Recipe Attributes

### Seasonality

Fall

### Kitchen Tools

Slow Cooker

Blender

### Nutritional Content

Low Calorie

### Cuisines

Italian

Middle Eastern

### Diet

Anti-Inflammatory Diet

### Course

Appetizers

Snacks

Main Dishes

Side Dishes

Soups

Sauces & Dressings

### Cultural

Chinese New Year

Cinco de Mayo

Diwali

## Events

Picnic

## Meal Type

Snack

Lunch

Supper

## Difficulty Level

Easy

Visit our website: [healthdor.com](http://healthdor.com)