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## Raspberry Salmon ♦

A delicious and healthy salmon dish infused with the sweet and tangy flavors of raspberries. This dish is perfect for a special dinner or a quick weeknight meal.

**Recipe Type:** Standard

**Prep Time:** 15 mins

**Cook Time:** 20 mins

**Total Time:** 35 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

|               |                |
|---------------|----------------|
| <b>500 g</b>  | salmon fillets |
| <b>200 g</b>  | Raspberries    |
| <b>2 tbsp</b> | honey          |
| <b>2 tbsp</b> | lemon juice    |
| <b>2 tbsp</b> | olive oil      |
| <b>1 tsp</b>  | salt           |

1 tsp black pepper

## Directions

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### Step 1

#### Preheating

Preheat the oven to 400°F (200°C).

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

In a small bowl, mash the raspberries with a fork.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 3

#### Mixing

Add honey, lemon juice, olive oil, salt, and black pepper to the mashed raspberries. Mix well.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 4

### Baking

Place the salmon fillets on a baking sheet lined with parchment paper. Spread the raspberry mixture evenly over the fillets.

**Prep Time:** 5 mins

**Cook Time:** 20 mins

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## Step 5

### Oven

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

**Prep Time:** 0 mins

**Cook Time:** 20 mins

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## Step 6

### Serving

Serve the raspberry salmon hot with your favorite side dishes.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Nutrition Facts

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**Calories:** 300 kcal

**Fat:** 15 g

**Protein:** 30 g

**Carbohydrates:** 10 g

## Nutrition Facts

### Proteins

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|----------|-------|------------------------|--------------------------|
| Protein  | 30 g  | 176.47%                | 176.47%                  |

### Carbohydrates

| Nutrient      | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|---------------|-------|------------------------|--------------------------|
| Carbohydrates | 10 g  | 18.18%                 | 20%                      |
| Fibers        | 3 g   | 7.89%                  | 12%                      |
| Sugars        | 6 g   | N/A                    | N/A                      |
| Lactose       | 0 g   | N/A                    | N/A                      |

### Fats

| Nutrient            | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|---------------------|-------|------------------------|--------------------------|
| Monounsaturated Fat | 7 g   | N/A                    | N/A                      |
| Saturated Fat       | 2 g   | 9.09%                  | 11.76%                   |
| Fat                 | 15 g  | 53.57%                 | 60%                      |
| Cholesterol         | 80 mg | N/A                    | N/A                      |

## Vitamins

| Nutrient    | Value  | % Daily Intake (Males) | % Daily Intake (Females) |
|-------------|--------|------------------------|--------------------------|
| Vitamin A   | 10 iu  | 1.11%                  | 1.43%                    |
| Vitamin C   | 20 mg  | 22.22%                 | 26.67%                   |
| Vitamin B6  | 20 mg  | 1538.46%               | 1538.46%                 |
| Vitamin B12 | 40 mcg | 1666.67%               | 1666.67%                 |
| Vitamin E   | 10 mg  | 66.67%                 | 66.67%                   |
| Vitamin D   | 0 mcg  | 0%                     | 0%                       |

## 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%                   |

| Nutrient  | Value  | % Daily Intake (Males) | % Daily Intake (Females) |
|-----------|--------|------------------------|--------------------------|
| Potassium | 800 mg | 23.53%                 | 30.77%                   |
| Zinc      | 15 mg  | 136.36%                | 187.5%                   |
| Selenium  | 50 mcg | 90.91%                 | 90.91%                   |

## Recipe Attributes

### Seasonality

Summer Fall

### Events

Picnic

### Cuisines

Italian Thai Middle Eastern

### Nutritional Content

Low Calorie High Protein Low Fat Low Carb High Fiber Low Sodium

### Kitchen Tools

Blender

### Course

Snacks Sauces & Dressings

### Cultural

Chinese New Year Cinco de Mayo Diwali Hanukkah Oktoberfest

### Meal Type

Lunch Dinner Snack Supper

**Difficulty Level**

Medium

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