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Easy Salmon ♦

This easy salmon recipe is a delicious and healthy option for any meal. The salmon is seasoned with a blend of herbs and spices, then baked to perfection. It can be enjoyed on its own or served with your favorite sides.

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	salmon fillets
2 tbsp	olive oil
2 tbsp	lemon juice
1 tsp	garlic powder
1 tsp	dried dill

1 tsp salt

0.5 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

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

Prep Time: 0 mins

Cook Time: 0 mins

Step 4

Brushing

Brush the olive oil mixture over the salmon fillets.

Prep Time: 0 mins

Cook Time: 0 mins

Step 5

Baking

Bake the salmon in the preheated oven for 15-20 minutes, or until cooked through.

Prep Time: 0 mins

Cook Time: 20 mins

Step 6

Serving

Serve the salmon hot with your favorite sides.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 10 g

Protein: 35 g

Carbohydrates: 0 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	35 g	205.88%	205.88%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	0 g	0%	0%
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)
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Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	10 g	35.71%	40%
Cholesterol	100 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	15 mg	16.67%	20%
Vitamin B6	20 mg	1538.46%	1538.46%
Vitamin B12	80 mcg	3333.33%	3333.33%
Vitamin E	6 mg	40%	40%
Vitamin D	15 mcg	100%	100%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	400 mg	17.39%	17.39%
Calcium	2 mg	0.2%	0.2%
Iron	6 mg	75%	33.33%
Potassium	600 mg	17.65%	23.08%
Zinc	10 mg	90.91%	125%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Selenium	60 mcg	109.09%	109.09%

Recipe Attributes

Seasonality

Winter Spring Summer Fall

Events

Christmas Easter Thanksgiving Birthday Wedding Halloween
Valentine's Day Mother's Day Father's Day New Year Anniversary
Baby Shower Bridal Shower Graduation Back to School Barbecue

Meal Type

Lunch Dinner Snack

Difficulty Level

Easy

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