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## Baked Salmon with Almond Parsley Salad ••

This recipe is a delicious and healthy option for seafood lovers. The baked salmon is seasoned to perfection and served with a refreshing almond parsley salad. It's a perfect dish for a light lunch or dinner.

**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>50 g</b>	almonds
<b>30 g</b>	Parsley
<b>2 tbsp</b>	lemon juice

<b>2 tbsp</b>	olive oil
<b>1 tsp</b>	salt
<b>1 tsp</b>	black pepper

## Directions

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### Step 1

#### Preheating

Preheat the oven to 400°F (200°C).

**Prep Time:** 5 mins

**Cook Time:** 15 mins

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### Step 2

Season the salmon fillets with salt and black pepper.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 3

#### Baking

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

**Prep Time:** 5 mins

**Cook Time:** 15 mins

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## Step 4

Oven

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

**Prep Time:** 0 mins

**Cook Time:** 15 mins

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## Step 5

Preparation

While the salmon is baking, prepare the almond parsley salad.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 6

Mixing

In a bowl, combine the chopped almonds, chopped parsley, lemon juice, olive oil, salt, and black pepper.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 7

Mixing

Toss the salad ingredients together until well combined.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Step 8

Serving

Serve the baked salmon with the almond parsley salad.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 300 kcal

**Fat:** 20 g

**Protein:** 25 g

**Carbohydrates:** 5 g

# Nutrition Facts

## Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	25 g	147.06%	147.06%

## Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	5 g	9.09%	10%
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	10 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	20 g	71.43%	80%
Cholesterol	60 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	40 mcg	1666.67%	1666.67%
Vitamin E	15 mg	100%	100%
Vitamin D	10 mcg	66.67%	66.67%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	6 mg	0.6%	0.6%
Iron	8 mg	100%	44.44%
Potassium	550 mg	16.18%	21.15%
Zinc	15 mg	136.36%	187.5%
Selenium	45 mcg	81.82%	81.82%

## Recipe Attributes

### Seasonality

Fall

## Kitchen Tools

Slow Cooker

Blender

## Nutritional Content

Low Calorie

## Cuisines

Italian

## Diet

Anti-Inflammatory Diet

## Course

Breads

Salads

Soups

Snacks

## Cultural

Chinese New Year

Diwali

Oktoberfest

Passover

Ramadan

Thanksgiving

Christmas

Halloween

## Cost

\$10 to \$20

## Demographics

Kids Friendly

## Meal Type

Lunch

Dinner

Snack

## Difficulty Level

Easy

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