

Baked Garlic Salmon

1 lb	Salmon	½ tsp	Salt
2 cloves	Garlic clove, minced	½ tsp	Ground pepper
4 tbsp	Olive oil, light	1 tbsp	Lemon juice
1 tsp	Basil flakes	½ tsp	Parsley flakes

- Mix the olive oil, lemon juice, garlic, basil, parsley, salt and pepper together in a small dish.
- If possible, remove the skin from the salmon filets. Lightly spray a baking dish and place the salmon filets in it. Using a basting brush, spread the oil and spice mixture evenly over the salmon. Cover pan with foil.
- Bake at 325 degrees for 30 minutes. Serve immediately.

Servings: 4

Cooking Times

Preparation Time: 30 minutes

Cooking Time: 30 minutes

Degree of Difficulty

Degree of Difficulty: Easy

Oven Temperature: 325°F

Nutrition Facts

Serving size: ¼ of a recipe (4.7 ounces).

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Nutrition information calculated from recipe ingredients.

Amount Per Serving	
Calories	331.66
Calories From Fat (70%)	230.68
% Daily Value	
Total Fat 25.84g	40%
Saturated Fat 4.34g	22%
Cholesterol 66.91mg	22%
Sodium 358.48mg	15%
Potassium 437.64mg	13%
Total Carbohydrates 1.22g	<1%
Fiber 0.26g	1%
Sugar 0.12g	
Protein 22.76g	46%
MyPoints 8.73	