

## Easy Baked Salmon

*Salmon is a source rich in protein and healthy fats, along with being an Omega-3 rockstar! Omega-3 is commonly known for its anti-inflammatory properties, while Omega-6 is known for its necessary inflammatory properties- both of which are important for the body. This salmon is easily baked in under 30 minutes, a quick clean-up, and comes with a flavorful punch.*

### Ingredients:

2 large	Lemons, sliced
16 oz	Salmon fillet (I liked the fresh wild-caught option)
1 tbsp	Ground black pepper
3 tbsp	Butter, lite (I use the "Lite I Can't Believe It's Not Butter")
2 tbsp	Honey (or agave if feeding to a child under 2 years old)
3 cloves	Garlic, minced
2 tbsp	Italian seasoning

### Directions:

1. Preheat oven to 350 degrees F. Line a baking sheet with aluminum foil. I then place a layer of parchment paper on top the aluminum foil to help skin from sticking to the foil, but this is optional. Spray paper with cooking spray.
2. Line prepared baking sheet with lemon slices. Place a salmon fillet on top of lemon. Sprinkle ground black pepper on the salmon fillet (pink side, not the skin).
3. In a small bowl, melt the butter. Mix in the honey, garlic, and Italian seasoning. Pour over the salmon.
4. Top baking sheet with aluminum foil and bake for 20-25 minutes or until salmon is cooked (test: salmon will flake off with a fork).
5. Turn the oven to broil and uncover salmon. Broil for 2-3 minutes to allow top of salmon to crisp. WATCH CLOSELY to avoid burning.
6. Take out of oven and cut into 4 equal fillets (about 4 oz each). Serve warm!

Servings: 4 servings  
 Serving size: 4 oz fillet

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Nutrition Facts		
Serving Size	1 × 4 oz fillet	
Amount Per Serving		
<b>Calories</b>	<b>319.3</b>	
	% Daily Value*	
Total Fat	19.4 g	25 %
Saturated Fat	4.2 g	21 %
Trans Fat	0.3 g	
Cholesterol	62.3 mg	5 %
Sodium	130.6 mg	6 %
Total Carbohydrate	12.3 g	4 %
Dietary Fiber	0.8 g	3 %
Total Sugars	8.2 g	
Added Sugars	- g	- %
Protein	23.7 g	
Vitamin D	12.5 mcg	62 %
Calcium	45.7 mg	4 %
Iron	1.6 mg	9 %
Potassium	484.5 mg	10 %

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Full Info at [cronometer.com](http://cronometer.com)      </>