

Easy Herb Salmon

1/4 tsp. olive oil
Caraway seeds & Dill

Or

Fresh squeezed lemon juice & Rosemary
3.5-4 oz. salmon

Directions:

Preheat oven to 450 degrees F. Line a small baking pan with foil. Place Salmon on pan, drizzle on olive oil and or lemon juice, rub with chosen seasonings. Fold foil around salmon and pinch edges. Cook for 10 minutes or until salmon has reached desired doneness. Makes 1 serving.

Nutrition Facts	
Serving Size (87g)	
Servings Per Container	
Amount Per Serving	
Calories 170	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 50mg	2%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 22g	
Vitamin A 2%	• Vitamin C 0%
Calcium 2%	• Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	