

Roasted Salmon with Dijon and Capers



INGREDIENTS

Salmon

Dijon or Yellow Mustard

Capers

Water

DIRECTIONS

1. Combine 1 T mustard, 1 T chopped capers and 1 T water in a small mixing bowl. Spread a light layer of the mixture on the top and sides of the salmon.
2. Place the salmon on a baking sheet and roast at 375 degrees farenheight until 145 degrees is reached internally.



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NUTRITION FACTS

Serving size 1 (12.8 oz)

Amount Per Serving **363g**

Calories **469**

% Daily Value

Total Fat 18.8g **29%**

Saturated Fat 3.2g **16%**

Cholesterol 156mg **52%**

Sodium 442mg **18%**

Total Carbohydrate 1g **0%**

Dietary Fiber 0g **2%**

Sugars 0g

Protein 70g **140%**

Vitamin A **8%**

Vitamin C **0%**

Calcium **3%**

Iron **8%**