

**BAKED SALMON** 5 portions**INGREDIENTS**

- 800 grams of fish, salmon, pink, raw

COOKING METHOD

1° Cut salmon fillet into 5 pieces and place it on baking sheet, season with salt and mix of peppers. Put it in oven for 15 minutes, temperature 220C.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (160 g)	% DRI
ENERGY	127 kcal	203 kcal	10 %
FAT	4 g	7 g	11 %
FATTY ACIDS, TOTAL SATURATED	1 g	1 g	6 %
CHOLESTEROL	46 mg	74 mg	25 %
SODIUM	75 mg	120 mg	5 %
CARBOHYDRATE	0 g	0 g	0 %
SUGARS	0 g	0 g	-
FIBER	0 g	0 g	0 %
PROTEIN	21 g	33 g	-