the center
For Naturopathic Medicine & Functional Nutrition

Avocado Lime Salmon

Prep Time	15 mins
Total Time	30 mins
Meal Type	Dinner
Servings	4



Ingredients

lb,c | g,ml

- 1 1/2 lb salmon, *skinless*
- 1 Clove garlic, *minced*
- 1 tsp olive oil
- salt, *to taste*
- pepper, *to taste*
- 2 tsp paprika
- 1 avocado, *chopped*
- 1 red onion, *chopped*
- 4 Tbs cilantro, fresh, *chopped*
- 4 Tbs olive oil
- 4 Tbs lime juice

Directions

Make

1. Preheat oven to 400˚F.
2. On a baking sheet, season salmon with garlic, 1 teaspoon olive oil, salt, pepper, and paprika.
3. Bake for 10–12 minutes.
4. In a small bowl, mix avocado topping ingredients until fully incorporated. Don't overmix or you'll break down your avocado.
5. Spoon avocado topping over the salmon.
6. Enjoy!

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each "~" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts

Calories per serving **559**

Amount/serving	% Daily Value*
Total Fat 42.9g	65%
Saturated Fat 8.0g	39%
Trans Fat 0.0g	
Cholesterol 94mg	31%
Sodium 106mg	4%

Amount/serving	% Daily Value*
Total Carbohydrates 8g	2%
Dietary Fiber 3g	13%
Total Sugars 2g	
Protein 36g	

Vitamin D 19mcg 187% · Calcium 33mg 3% · Iron 1mg 6% · Potassium 882mg 18%

* The percent 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.

Source: Living Plate

- Show all nutrients -