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Functional Medicine Certified Health Coach
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Lime and Avocado Salmon

Contributor:

Source In Good Health

Prep time	Total time	Meal type	Servings
15 minutes	30 minutes	Dinner, Lunch	4

Ingredients

- 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, 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!

Nutrition Facts

Nutrition Facts

Amount per serving

Calories 559

	% Daily Value*
Total Fat 43g	**55%**
Saturated Fat 8g	**40%**
Trans Fat N/A	
Cholesterol 94mg	**31%**
Sodium 106mg	**5%**
Total Carbohydrates 8g	**3%**
Dietary Fiber 3g	**12%**
Total Sugars 2g	
Protein 36g	
Vitamin D N/A	0%
Calcium 33mg	3%
Iron 1mg	7%
Potassium 882mg	19%

* 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.

Notes

Disclaimer

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each 'NA' 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