

Roasted Salmon Head

Ingredients:

- 3 pounds fish head
- 1 teaspoon paprika
- 1 teaspoon garlic powder
- 1 tablespoon salt-free Mrs. Dash,
Original Seasoning Blend

Directions:

1. Wash and dry the fish head; trim out any remaining gill structures inside.
2. Carefully cut the head in half. You can see meat along the neck but everything in the head is edible. (The eyes are a delicacy!) Cooking softens the rest, revealing tender morsels of meat.
3. Rub paprika, garlic powder, salt-free Mrs. Dash, and dried onion over the exposed surfaces.
4. Place skin-side up on a lightly oiled aluminum-covered baking dish. Bake at 250°F for about 40 minutes (check for softening of the nose area).
5. Increase heat to 450°F and flip fish. Cook 10–20 minutes or until slightly brown and crispy.

Nutrition Facts	
Serving Size (114g)	
Servings Per Container 16	
Amount Per Serving	
Calories 180	Calories from Fat 80
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 65mg	22%
Sodium 135mg	6%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 24g	
Vitamin A 2%	Vitamin C 0%
Calcium 4%	Iron 4%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>	
	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	

For more information, please contact:

Benteh Nuutah

Valley Native Primary Care Center

Wellness Center

(907) 631-7630

southcentralfoundation.com

Source: snapguide.com

