

# INDIAN SPICED BAKED SALMON FILLET

## INGREDIENTS:

- 2 3oz. salmon fillets, skin on
- 2 tablespoons coconut or Greek yogurt
- 1/2 teaspoon ground cumin
- 1 teaspoon turmeric
- 1/2 teaspoon curry powder
- 1/4 teaspoon pepper
- 1/4 teaspoon salt
- 1 teaspoon olive oil

## DIRECTIONS:

1. Preheat oven to 400° F and line a baking sheet with foil or parchment paper. Rub olive oil on the foil to prevent salmon from sticking.
2. In a small bowl, combine yogurt, spices, salt, and pepper until you have a smooth paste.
3. Place salmon fillets skin side down on the baking sheet. Cover the top and sides of the salmon evenly with the spiced yogurt mixture.
4. Bake the salmon fillets for 12 – 15 minutes, depending on the thickness, until just tenderly cooked. Serve immediately.

## Nutrition Facts

Serving Size 1 salmon fillet (104g)  
Servings Per Container 2

Amount Per Serving

**Calories** 170      **Calories from Fat** 80

% Daily Value\*

**Total Fat** 9g      **14%**

Saturated Fat 1g      **5%**

Trans Fat 0g

**Cholesterol** 55mg      **18%**

**Sodium** 55mg      **2%**

**Total Carbohydrate** 2g      **1%**

Dietary Fiber 1g      **4%**

Sugars 1g

**Protein** 20g

Vitamin A 4%      • Vitamin C 0%

Calcium 4%      • Iron 8%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	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

*Benteh Nuutah*  
Valley Native Primary Care Center  
Wellness Center  
(907) 631-7630  
southcentralfoundation.com

Source: [nourisheveryday.com](http://nourisheveryday.com)

