

# Lemon-Herb Salmon

## INGREDIENTS:

- 1 1/4 pounds salmon filet
- 1 lemon
- 1/2 teaspoon Italian seasoning
- Salt and pepper to taste

## DIRECTIONS

1. Preheat oven to 450°F and line baking sheet with foil. Spray pan with cooking spray.
2. Zest the lemon. Squeeze the lemon juice over the salmon. Spread the lemon zest, seasoning, salt, and pepper over the salmon.
3. Bake the salmon on the lowest oven rack for 6 to 12 minutes, or until done (depends on thickness).
4. Enjoy!

## Nutrition Facts

Serving Size (104g)  
Servings Per Container 6

Amount Per Serving

**Calories 150**      **Calories from Fat 60**

% Daily Value\*

**Total Fat 7g**      **11%**

Saturated Fat 1g      **5%**

Trans Fat 0g

**Cholesterol 60mg**      **20%**

**Sodium 55mg**      **2%**

**Total Carbohydrate 1g**      **0%**

Dietary Fiber 0g      **0%**

Sugars 0g

**Protein 21g**

Vitamin A 4%      • Vitamin C 6%

Calcium 0%      • Iron 2%

\*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

