

# Cajun Blackened Salmon

Yield: 6 min  
Total Time: 10 min

Recipe from: <https://www.recipeschoose.com/recipes/blackened-salmon-fillets-recipes>

## Ingredients:

- 1 tablespoon paprika
- 1 tablespoon salt
- 1 tablespoon onion powder
- 1 tablespoon garlic powder
- 1 teaspoon cayenne pepper
- 1 teaspoon black pepper
- 1 teaspoon thyme
- 1 teaspoon oregano
- 1 teaspoon sage
- 2 pounds salmon fillets
- 4 tablespoons butter

## Nutrition:

1. Calories: 400 calories
2. Carbohydrate: 3 grams
3. Cholesterol: 105 milligrams
4. Fat: 28 grams
5. Fiber: 1 grams
6. Protein: 31 grams
7. SaturatedFat: 9 grams
8. Sodium: 1330 milligrams

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