

Summer Tray-baked Salmon

Yield: 4 min
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-french-green-beans-recipe>

Ingredients:

- sea salt
- ground black pepper freshly
- 1 9/16 pounds new potatoes
- 3 1/2 ounces runner beans
- 3 1/2 ounces green beans
- french beans a large handful of yellow
- 11/16 cup fresh peas podded
- 2 13/16 tablespoons unsalted butter
- olive oil
- 2 lemons
- 1/2 fresh basil a bunch of
- dill
- fennel
- 7 ounces salmon fillets skin on, scaled and pin-boned

Nutrition:

1. Calories: 400 calories
2. Carbohydrate: 43 grams
3. Cholesterol: 50 milligrams
4. Fat: 20 grams
5. Fiber: 10 grams
6. Protein: 17 grams
7. SaturatedFat: 7 grams
8. Sodium: 260 milligrams
9. Sugar: 5 grams

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