

Lemon Salmon with Greek Yogurt Dill Sauce for salmon

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/greek-yogurt-salmon-recipe>

Ingredients:

- 1 cup greek yogurt
- 1 shallot small, minced
- 1 lemon juiced
- 1/2 teaspoon prepared horseradish
- 1/4 teaspoon garlic powder
- 1 tablespoon fresh dill plus additional for garnish
- 1/4 teaspoon salt
- 1 1/2 pounds salmon about an inch thick, cut into four pieces
- 1 lemon
- 2 teaspoons olive oil
- 1/4 teaspoon garlic powder
- 1/2 teaspoon sea salt
- 1/2 teaspoon pepper

Nutrition:

1. Calories: 290 calories
2. Carbohydrate: 14 grams
3. Cholesterol: 95 milligrams
4. Fat: 9 grams
5. Fiber: 3 grams
6. Protein: 37 grams
7. SaturatedFat: 3 grams
8. Sodium: 590 milligrams
9. Sugar: 3 grams

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