

# Indian Spiced Baked Salmon

Yield: 4 min  
Total Time: 17 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-salmon-filet-recipe>

## Ingredients:

- 2 salmon fillets skin on, 150-200 grams each
- 2 tablespoons coconut yoghurt
- 1/2 teaspoon ground cumin
- 1 teaspoon ground turmeric
- 1/2 teaspoon curry powder
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1 teaspoon olive oil or coconut oil

## Nutrition:

1. Calories: 130 calories
2. Carbohydrate: 1 grams
3. Cholesterol: 30 milligrams
4. Fat: 9 grams
5. Protein: 11 grams
6. SaturatedFat: 2 grams
7. Sodium: 180 milligrams

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