

# Japanese Salmon (Salted Salmon)

Yield: 4 min  
Total Time: 16 min

Recipe from: <https://www.recipeschoose.com/recipes/japanese-sweet-potato-dinner-recipe-paleo>

## Ingredients:

- 3/4 pound salmon 2 cutlets, steaks, to make 150g ,0.3lb, 4 fillets
- 1 1/8 tablespoons salt normal salt, about 3-4% of salmon weight

## Nutrition:

1. Calories: 100 calories
2. Cholesterol: 45 milligrams
3. Fat: 2.5 grams
4. Protein: 18 grams
5. SaturatedFat: 1 grams
6. Sodium: 2000 milligrams

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