

Garlic Lemon Herb Pan-Fried Salmon

Yield: 6 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/norwegian-salmon-recipe-pan-fried>

Ingredients:

- 3 tablespoons avocado oil
- 1 1/2 pounds salmon cut into fillets
- 2 teaspoons onion powder
- 1/4 teaspoon black pepper
- 1/4 teaspoon sea salt to taste
- 4 cloves garlic minced
- 1 lemon zested
- 2 tablespoons lemon juice
- 1/2 cup fresh parsley chopped

Nutrition:

1. Calories: 200 calories
2. Carbohydrate: 2 grams
3. Cholesterol: 60 milligrams
4. Fat: 10 grams
5. Protein: 23 grams
6. SaturatedFat: 2 grams
7. Sodium: 180 milligrams

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