

# Southern Baked Salmon

Yield: 4 min  
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/baked-salmon-recipe-southern-living>

## Ingredients:

- 2 tablespoons butter
- 2 tablespoons olive oil
- 4 cloves garlic minced
- 1/2 tablespoon onion powder
- 1/2 teaspoon dried basil
- 1/2 teaspoon dried parsley
- 1/2 tablespoon paprika
- 1 teaspoon cayenne pepper
- salt
- pepper
- 1 lemon
- 2 pounds salmon fillets

## Nutrition:

1. Calories: 610 calories
2. Carbohydrate: 7 grams
3. Cholesterol: 140 milligrams
4. Fat: 42 grams
5. Fiber: 3 grams
6. Protein: 46 grams
7. SaturatedFat: 11 grams
8. Sodium: 370 milligrams

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