



Salmon Steaks

Number of Servings: 2
Calories Per Serving: 397
PCF Ratio: 31-1-68

Single Serving Comment: 1/2 of recipe

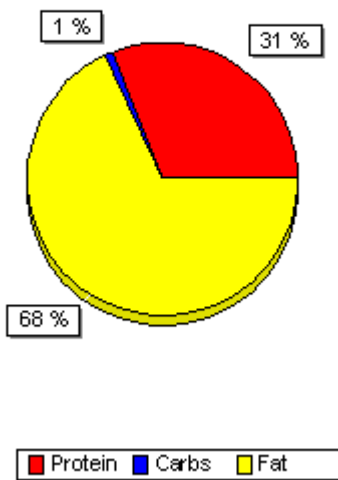
Cooking Instructions

Ingredients:

- 300g Atlantic Salmon
 - 2 tbsp Olive Oil
 - Juice from 1/2 a Lemon
 - 4 tsp fresh Dill Weed
- (serves 2)

Heat oil in a pan, add dill and then salmon steaks. Cook for 3-4 minutes on each side, throw lemon juice into pan over steaks, serve immediately with salt and pepper to taste.

31-1-68 Ratio



Nutrition Information	
Serving Size: 1/2 of recipe (176g)	
Servings: 1	
Amount Per Serving	
Calories 400	Calories from Fat 270
% Daily Value*	
Total Fat 30g	46%
Saturated Fat 5g	25%
Cholesterol 90mg	30%
Sodium 90mg	4%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Sugars 0 g	
Protein 30 g	
Vitamin A 2%	Vitamin C 20%
Calcium 2%	Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet

Recipe Ingredients:

Name	Description	Serving Size	Gram Wt.	Calories (kcal)	Protein (g)	Carbs (g)	Sugars (g)	Glucose (g)	Fructose (g)	Galactose (g)	Sucrose (g)
SALMON, ATLANTIC, FARMED, RAW		300	300	549	59.7						
EXTRA VIRGIN OLIVE OIL	salad or cooking	2 tbsp	27	238.7							
LEMON JUICE, RAW	juice of 1 lemon (2 1/8" dia)	1/2 lemon	24	5.9	.1	2	.6				
DILL WEED, FRESH		4 tsp	1	.3	.0	.1					
Recipe Total:				351	793.9	59.8	2.1	.6			
Single Serving Total:				312	396.9	29.9	1	.3			

Name	Lactose (g)	Maltose (g)	Dietary Fiber (g)	Fat (g)	Sat fat (g)	Omega-3 (g)	Omega-6 (g)	Cholest (mg)	Alcohol (g)(mcg_RAE)	Vit-A (IU)	Vit-A IU (IU)	Thiamin (mg)	Ribofla- vin (mg)	Niacin (mg)
SALMON, ATLANTIC, FARMED, RAW				32.6	6.5	6	5.2	177		45	150	1	.4	22.5

Salmon Steaks (continued)

EXTRA VIRGIN OLIVE OIL				27	3.6	.2	2.1							
LEMON JUICE, RAW			.1							.2	4.5			.0
DILL WEED, FRESH			.0							2.9	57.2			.0
Recipe Total:			.1	59.6	10.2	6.2	7.3	177		48.1	211.7	1	.4	22.6
Single Serving Total:			.1	29.8	5.1	3.1	3.7	88.5		24	105.9	.5	.2	11.3

Name	Pantothenic Acid (mg)	Vit B-6 (mg)	Folate (mcg)	Food Folate (mcg)	Folic Acid (mcg)	Folate DFE (mcg DFE)	Vit B-12 (mcg)	Biotin (mcg)	Vit-C (mg)	Vit-D (IU)	Alpha Toco-pherol (mg)	Vit-E IU (IU)	Calcium (mg)	Magnesium (mg)
SALMON, ATLANTIC, FARMED, RAW	4.1	1.9	78	78		78	8.4		11.7				36	84
EXTRA VIRGIN OLIVE OIL											3.2	5		
LEMON JUICE, RAW	.0	.0	3.1	3.1		3.1			10.8		.0		1.6	1.4
DILL WEED, FRESH			1.1	1.1		1.1			.6				1.5	.4
Recipe Total:	4.2	1.9	82.2	82.2		82.2	8.4		23.1		3.2	5	39.2	85.8
Single Serving Total:	2.1	1	41.1	41.1		41.1	4.2		11.6		1.6	2.5	19.6	42.9

Name	Phosphorus (mg)	Potassium (mg)	Sodium (mg)	Chloride (mg)	Chromium (mcg)	Copper (mg)	Fluoride (mg)	Iodine (mcg)	Iron (mg)	Manganese (mg)	Molybdenum (mcg)	Selenium (mcg)	Zinc (mg)
SALMON, ATLANTIC, FARMED, RAW	699	1086	177			.1			1.1	.0		109.5	1.2
EXTRA VIRGIN OLIVE OIL	.3								.1				.0
LEMON JUICE, RAW	1.4	29.1	.2									.0	.0
DILL WEED, FRESH	.5	5.5	.5						.0				
Recipe Total:	701.2	1120.6	177.7			.2			1.2	.1		109.5	1.2
Single Serving Total:	350.6	560.3	88.8			.1			.6	.0		54.8	.6