

Avocado Herb Salmon

Prep Time 15 mins
 Total Time 30 mins
 Meal Type Dinner
 Contributed By



Source [Living Plate](#)

Servings 4



Ingredients

lb,c g,ml

- 1 1/2 lb salmon, *skinless*
- 1 Clove garlic, *minced*
- 1 tsp olive oil
- salt, *to taste*
- pepper, *to taste*
- 1 avocado, *chopped*
- 1/2 cup red onion, *chopped*
- 4 Tbs cilantro, *fresh, chopped*
- 4 Tbs olive oil
- 1 Tbs apple cider vinegar

Directions

Make

1. Preheat oven to 400°F.
2. On a baking sheet, season salmon with garlic, 1 teaspoon olive oil, salt, and pepper.
3. Bake for 10–12 minutes.
4. In a small bowl, mix avocado topping ingredients - avocado through vinegar - until fully incorporated. Don't overmix or you'll break down your avocado.
5. Spoon avocado topping over the salmon.
6. Enjoy!

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each "-" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
	Total Fat 42.7g		65%	Total Carbohydrates 5g
Saturated Fat 7.9g		39%	Dietary Fiber 3g	10%
Trans Fat 0.0g			Total Sugars 1g	
Cholesterol 94mg		31%	Protein 36g	
Sodium 105mg		4%		
Vitamin D 19mcg 187% · Calcium 27mg 2% · Iron 1mg 5% · Potassium 830mg 17%				

Calories per serving **550**

* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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