

Baked Salmon Recipe



Ingredients:

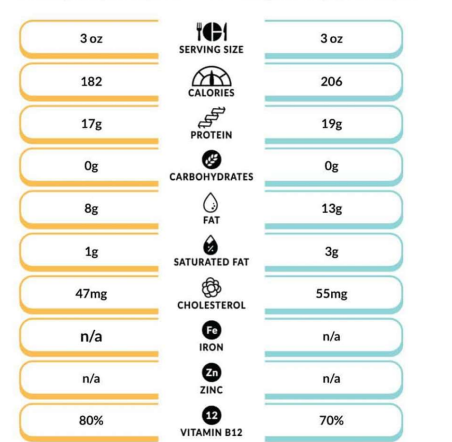
1. Center cut salmon, fresh with skin
2. Fisherman's Favorite or similar seasoning mix

How to make:

- Preheat oven to 350 degrees
- Line baking dish with foil for easy clean up
- Place fish skin side down in pan
- Sprinkle seasoning to cover fish
- Bake for 25 minutes
- Cool and remove skin before serving
- Add a splash of lemon juice, if desired

Calories and fat content vary between wild caught and farm raised salmon.

Wild Salmon vs Farm Salmon



Urban Accent Fisherman's Favorite Seasoning mix – no nutritional value.

3-18
Nutrition Facts Servings: About 106, **Serv. Size: 1/4 tsp (0.8g),**

Amount per serving: **Calories 0**, **Total Fat** 0g (0%DV), **Sodium** 180mg (8%DV),
Total Carb. 0g (0%DV), **Protein** 0g. Not a significant source of Sat. Fat, Trans Fat, **Cholest.**,
Fiber, Sugars, Added Sugars, Potassium, Vitamin D, Iron and Calcium.

INGREDIENTS: SALT, BLACK PEPPER, DEHYDRATED GARLIC, WHITE ONION,
LEMON PEEL, PARSLEY, GREEN PEPPERCORN, GREEN ONION, AND LESS THAN 2%
SOYBEAN OIL ADDED AS A PROCESSING AID