

MCT Buttered Salmon with Caramelized Onion

1 net carb per serving for 2 servings. (74.0% calories from fat.)



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- 8 ozs salmon fillet
- 1/4 c onion, sliced
- 1 tbsp unsalted butter
- 1 tbsp coconut oil (or MCT oil)
- 1/4 tsp lemon juice
- 1/4 tsp fresh dill, chopped fine

DIRECTIONS

Grill the salmon fillet until tender. Cook a few onion pieces in a skillet until they reach a caramel color. Remove from heat and set aside on a plate.

Heat butter, coconut or MCT oil and lemon juice in the skillet. Blend well.

Pour the sauce over the salmon and sprinkle with chopped dill. Pair with a salad, or side of broccoli or cauliflower (add the carbs!). Serve immediately.

Nutrition Facts - TOTAL RECIPE

Serving sizes vary. Amounts are for TOTAL Recipe.

Calories 696	Calories from Fat: 515
	% Daily Values*
Total Fat 61g	94%
Saturated Fat 107g	535%
Cholesterol 176mg	59%
Sodium 155mg	6%
Total Carbohydrates 3g	1%
Dietary Fiber trace	2%
Protein 46g	
Vitamin A	14%
Vitamin C	4%
Calcium	4%
Iron	10%

* Percent Daily Values are based on a 2000 calorie diet.