

# 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.

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

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