

No Carb Citrus Salmon with Balsamic Sauce

.8 net carbs per serving for 2 servings.



LowCarbeDiem.com

Add olive oil, balsamic vinegar, garlic, lemon juice and sea salt to a bowl. Mix or whisk until well blended.

Coat the salmon fillet thoroughly on both sides with the mixture. Set extra mixture aside.

Broil salmon in the oven 4 to 6 minutes, until fish flakes. When using thicker fillets, turn once halfway through cooking.

Remove from oven, plate and pour the remaining balsamic mixture over the salmon.

Serving sizes can vary. Nutrition Facts are for total recipe.

- 8 ozs salmon
- 2 tbsps extra virgin olive oil
- 2 tsps balsamic vinegar
- 1 clove garlic, minced or pressed
- 2 tsps lemon juice
- 1 dash sea salt

Nutrition Facts

| Amount Per Serving | | |
|----------------------------|-------|------------------------|
| Calories | 518 | Calories from Fat: 322 |
| | | % Daily Values* |
| Total Fat | 35g | 54% |
| Saturated Fat | 5g | 24% |
| Cholesterol | 118mg | 39% |
| Sodium | 155mg | 6% |
| Total Carbohydrates | 2g | 1% |
| Dietary Fiber | trace | 0% |
| Protein | 45g | |
| Vitamin A | | 5% |
| Vitamin C | | 9% |
| Calcium | | 4% |
| Iron | | 10% |

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