

HONEY NUT SALMON

Honey Nut Salmon

Gluten Free, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium

Serves: 3 (Serving= 1 fillet)

Nutrition (per serving)

Calories: 277

Total Carbohydrate: 11

Total Fat: 13 g

Dietary Fiber: 1.5 g

Saturated Fat: 1 g

Protein: 26 g

Sodium: 400 mg

Ingredients

- 1 egg white
- 1 teaspoon honey
- 1/4 cup plus 3 Tablespoons honey roasted almonds, finely chopped
- 3 Tablespoons whole wheat bread crumbs (substitute gluten free bread crumbs for GF version)
- 1/8 teaspoon salt
- Cooking spray
- 3 - 4 ounce salmon fillets

Directions

1. Preheat oven to 400 degrees Fahrenheit.
2. In shallow dish, whisk egg white and honey.
3. In another shallow dish mix almonds, bread crumbs and salt.
4. Dip salmon fillets in egg white mixture then press down into nutty coating, flip and repeat.
5. Place on baking sheet coated with cooking spray and bake for 10-12 minutes or until fish flakes easily with a fork.