

Baked Salmon With Garlic Butter

Hands-on 5 minutes Overall 20 minutes

Nutritional values (per serving): Total carbs: 10.5 g, Fiber: 3.5 g, **Net carbs: 7 g,**

Protein: 28.7 g, Fat: 40.2 g, Calories: 509 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



Ingredients (makes 2 servings)

- 1 small clove garlic, minced
- 1 tbsp fresh chopped parsley
- 3 tbsp freshly squeezed lemon juice (45 ml)
- 2 tbsp melted unsalted butter *or ghee* (30 ml)
- 3 tbsp [extra virgin olive oil](#) (45 ml)
- 3/4 tsp sea salt
- 1/2 tsp cracked black pepper
- 2 salmon fillets (250 g/ 8.8 oz)
- 1 bunch broccolini *or* broccoli florets (250 g/ 8.8 oz)

Instructions

1. Preheat oven to 200 °C/ 400 °F (conventional), or 180 °C/ 355 °F (fan assisted). In a small jug, combine lemon juice, melted butter, olive oil, minced garlic, parsley, salt and pepper, and mix to combine.
2. Place the broccolini and salmon on a baking tray and pour over the dressing.
3. Bake on the top oven shelf 10 to 12 minutes until the salmon is just cooked through.
4. For the last 3 minutes, turn the top element (grill/broiler) on high to brown the top. Serve immediately or store for up to a day.

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