



# Everything Bagel Crusted Salmon

Serves 6



# Everything Bagel Crusted Salmon

## Ingredients

- As needed olive oil spray
- 1 Tbsp. everything bagel seasoning
- 6 pieces salmon, fresh, 4 ounce fillets

## Directions

1. Preheat oven to 350 degrees.
2. Place salmon on a sheet tray and lightly coat with olive oil spray. Sprinkle a ½ teaspoon of everything bagel seasoning on each piece of salmon.
3. Bake salmon for 20-25 minutes to an internal temperature of 145 degrees.
4. One serving is one piece of salmon.

## Nutritional facts per 1 serving (1 piece, 116g):

Calories 170, Total Fat 10g (15%), Saturated Fat 2g (10%), Cholesterol 50mg (15%), Sodium 490mg (20%), Total Carbohydrate 0g (0%), Dietary Fiber 0g (0%), Total Sugars 0g, Protein 25g