

Keto Baked Garlic Parmesan Salmon

This Keto Baked Garlic Parmesan Salmon Recipe is one of the easiest ways to make a healthy and delicious low carb salmon dish. It is a fool proof recipe that's best made with frozen salmon and has only 1g net carbs per serving. And in less than 30 minutes from the freezer to the table.

Simply combine butter, mayonnaise, parmesan cheese, garlic and parsley. I like to use a food processor, however a bowl and spoon also work.

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Ingredients

- 1 pound wild caught salmon filet (preferably frozen)
- 2 tablespoons Organic Grass-Fed Butter or Ghee softened, room temperature
- 2+ cloves Garlic
- 1/4 cup grated parmesan cheese
- 1/4 cup mayonnaise
- 2 tablespoons dried parsley or 1/4 cup fresh

Nutrition

Calories: 354kcal | Carbohydrates: 1g | Protein: 25g | Fat: 27g | Saturated Fat: 8g | Cholesterol: 93mg | Sodium: 239mg | Potassium: 582mg | Fiber: 1g | Sugar: 1g | Vitamin A: 119IU | Vitamin C: 2mg | Calcium: 97mg | Iron: 1mg



Prep Time: 5 minutes Cook Time: 20 minutes Servings: 4 servings

Instructions

1. Preheat your oven to 350F and line a baking pan with parchment paper.
2. Place salmon on prepared pan and lightly season with sea salt and pepper. Set aside while preparing the topping.
3. Combine butter, garlic, parmesan cheese, mayonnaise and parsley, mix well.
4. Spread mixture over salmon filet and bake at 350F.
5. Frozen salmon will be done in roughly 20-25 minutes (depending on the thickness of your filet). Thawed salmon will be done in roughly 15 minutes.
6. To check salmon lightly flake with a fork – don't over cook it you want it to still look slightly translucent.