

# Pan-Fried Salmon with Broccoli

Prep time: 40 min

Serves: 2

## INGREDIENTS

25 g of butter

150 g of thin salmon fillet

½ lemon juice

Broccoli

Salt and pepper

Melt the butter in the pan, add the salmon, and season with salt, pepper, and lemon juice

Fry the salmon on each side for 2-3 mins

Boil the broccoli in salted water for 3-4 mins

Dry the broccoli, and serve it with the salmon



Nutrition Facts	
Serving size	
Amount Per Serving	
<b>Calories</b>	<b>400</b>
	% Daily Value*
<b>Total Fat</b> 25g	<b>32%</b>
Saturated Fat 4.6g	23%
Trans Fat 0g	
<b>Cholesterol</b> 100mg	<b>33%</b>
<b>Sodium</b> 180mg	<b>8%</b>
<b>Total Carbohydrate</b> 6g	<b>2%</b>
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
<b>Protein</b> 37g	<b>74%</b>
Not a significant source of vitamin D, calcium, iron, and potassium	
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	