

PAN-SEARED SALMON WITH A BUTTER LIME SAUCE



INGREDIENTS

- 2 salmon filet
- Salt and pepper seasoning
- 3 tbsp. of butter
- 1/2 cup of lime juice
- 2 tbsp. of honey
- 2 garlic cloves, minced
- 2 tbsp. chopped cilantro

INSTRUCTIONS

1. On both sides, season salmon filet with salt and pepper.
2. Cook salmon until done to your liking.
3. In another pan, add your butter, garlic, honey, and lime juice.
4. Stir until butter is completely melted and all ingredients are combined.
5. Turn off heat and add cilantro.
6. Top the salmon filet with the sauce.
7. Enjoy!



NUTRITION FACTS

Serving Size: 1

Number of Servings: 2

Calories	351
Total fat	18.5 g
Saturated fat	11 g
Cholesterol	91 mg
Sodium	572 mg
Total carbohydrates	28.9 g
Dietary fiber	2.9 g
Sugar	19 g
Protein	25.2 g
Vitamin D	12 mcg
Calcium	46 mg
Iron	1 mg
Potassium	136 mg

