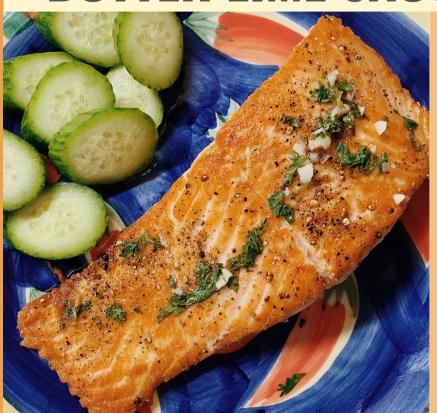
PAN-SEARED SALMON WITH A BUTTER LIME SAUCE





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

- 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

