



Furikake Salmon

🕒 5 MINS PREP | 🕒 15 MINS COOK | 🍴 2 SERVINGS

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INGREDIENTS

- 1/4 cup Plain Low-Fat Greek Yogurt
- 1 tablespoon Ponzu Sauce
- 1/4 teaspoon Ground Mustard Powder
- 8 ounces Salmon
- 1 1/2 servings Nori Furikake (1.5 tbsp)

NUTRITION INFORMATION PER SERVING

Protein 28g	Sodium 408mg
Total Fat 9.4g	Saturated Fat 1.72g
Carbs 4.13g	Fruits 0 servings
Calories 198kcal	Vegetables 0 servings
Fiber 1.5g	Added Sugar 0g

Method

1. Preheat oven to 400 degrees
2. Mix together the low fat greek yogurt, ponzu and mustard powder
3. Pat salmon dry and rub yogurt mixture over top and sides
4. Sprinkle furikake over the salmon
5. Place in oven and bake 12-15 minutes to desired doneness. Thicker salmon may need more time or until internal temp is 165
6. Serve with lemon for an additional pop of flavor

