

Baked Ginger Salmon



5 Ingredients, 4 serves, 30 Minutes Total Time

2 tablespoons parsley (minced)
1/2 teaspoon sea salt
600 grams salmon (fillets)
1/4 teaspoon ground ginger
2 tablespoons oil*

Instructions

- Preheat your oven to 400F/ 200C degrees.
- Wash and dry the salmon fillet and place on an oiled baking sheet.
- Spread the oil over the fillet and then sprinkle with the ginger and sea salt.
- Bake for 15-20 minutes (or until the salmon is cooked to your liking).

Warnings

**SALMON: use only fresh or canned salmon, not smoked, for SIBO

**OIL*: SIBO approved oils are coconut, olive, ghee, MCT, flax, sesame, sunflower, walnut, grape seed

Nutritional Information (per serving)

Calories	274
Total Fat	15g
Saturated Fat	2g
Cholesterol	83mg
Sodium	358mg
Total Carbohydrate	--
Dietary Fibre	--
Sugars	--

Protein	30g
Calcium	21mg
Iron	1mg
Magnesium	45mg
Phosphorus	301mg
Potassium	747mg
Vitamin C	3mg
Thiamine	--
Riboflavin	1mg
Vitamin B6	1mg
Vitamin E	2mg