



# Baked Salmon with Tomatoes, Spinach, and Mushrooms

**Servings:** 4  
**Serving Size:** 1 fillet

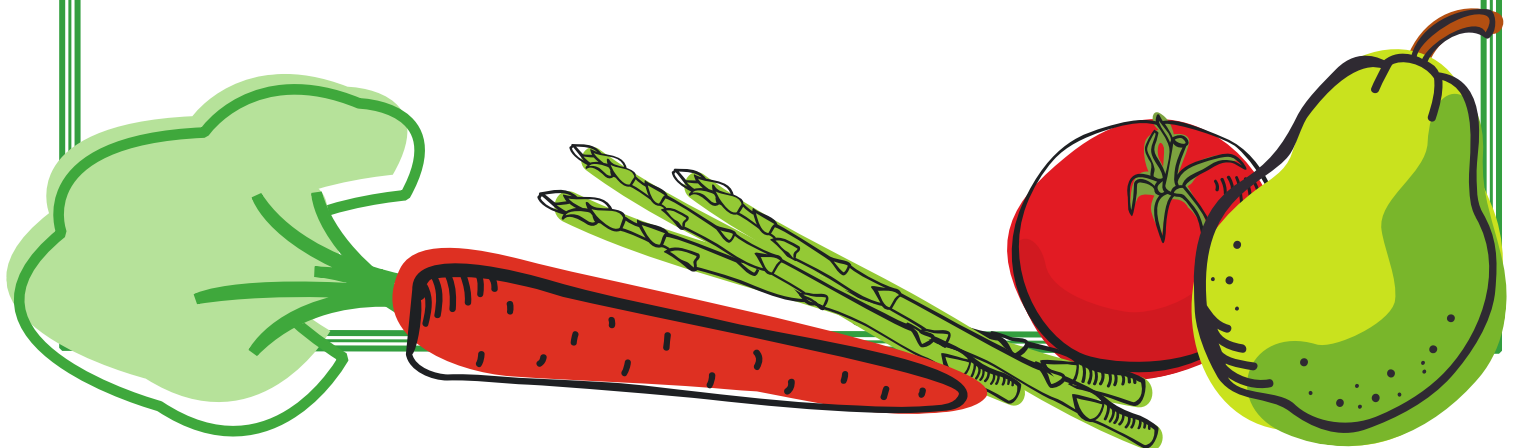
**Ingredients:**

- Vegetable oil spray
- 4 four ounce salmon fillets
- 2 cups fresh spinach, washed and chopped
- 1 cup mushrooms, washed and sliced
- 1 medium tomato, chopped
- 1/3 Cup Italian dressing

**Directions:**

1. Spray 13 x 9-inch baking dish with vegetable oil spray.
2. Place salmon fillets, skin sides down in baking dish.
3. Mix remaining ingredients until well blended; spoon over salmon.
4. Bake at 375 degrees for 20-25 minutes or until salmon flakes easily when tested with fork.

<b>Nutrition Facts</b>	
Serving Size 1 Fillet (197g)	
Servings Per Container 4	
Amount Per Serving	
<b>Calories 230</b>	<b>Calories from Fat 100</b>
% Daily Value*	
<b>Total Fat 11g</b>	<b>17%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol 80mg</b>	<b>27%</b>
<b>Sodium 290mg</b>	<b>12%</b>
<b>Total Carbohydrate 3g</b>	<b>1%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 2g	
<b>Protein 30g</b>	
Vitamin A 35%	• Vitamin C 15%
Calcium 4%	• Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



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