

# Salmon in Tarragon

**Preparation time:** 10 min **Servings:** 6  
**Cooking time:** 15 min

## Ingredients:

1 tsp dried tarragon  
1 tbsp mayonnaise  
1/2 cup plain lowfat yogurt  
6 salmon fillets, or steaks, about 4 oz each  
3/4 cup mozzarella cheese, shredded

## Cooking Directions:

Preheat oven to 400°F. Place salmon in a baking pan. Combine remaining ingredients in a bowl and spread over salmon. **Bake** 15 minutes or until fish flakes when tested with a fork.



## Nutrition Facts

**Calories** 430  
% Calories From Fat 31.4%

**Total Fat** 15g  
Saturated Fats 3.9g  
Mono-unsaturated Fats 4.2g  
Poly-unsaturated Fats 4.9g

**Cholesterol** 180mg

**Sodium** 330mg

**Total Carbohydrates** 2.5g  
Dietary Fiber 0g  
Sugar 1.7g

**Protein** 68g

## More Information

### Vitamins

|                  |          |
|------------------|----------|
| Thiamin B1       | 0.5 mg   |
| Vitamin K        | 1.4 mcg  |
| Vitamin A        | 460 IU   |
| Vitamin E        | 0.083 mg |
| Pantothenic Acid | 2.3 mg   |
| Vitamin B6       | 0.59 mg  |
| Choline          | 5.6 mg   |
| Riboflavin B2    | 0.27 mg  |
| Vitamin D        | 0 IU     |
| Vitamin B12      | 9 mcg    |
| Vitamin C        | 0.3 mg   |
| Niacin B3        | 21 mg    |

### Minerals

|            |          |
|------------|----------|
| Sodium     | 330 mg   |
| Zinc       | 2.4 mg   |
| Copper     | 0.25 mg  |
| Calcium    | 150 mg   |
| Iron       | 2.6 mg   |
| Manganese  | 0.076 mg |
| Magnesium  | 89 mg    |
| Potassium  | 1100 mg  |
| Fluoride   | 2.4 mcg  |
| Phosphorus | 810 mg   |
| Selenium   | 140 mcg  |