

# GSDeeelicious!

Glycogen Storage Disease Friendly Recipes



## Baked Salmon with Cucumber Sauce

Recipe makes: 2 servings

Prep time: 15 minutes

Cooking time: 20 minutes

Nutrition info per serving	1 salmon fillet
Calories	202
Carbohydrate	6 g
Protein	26 g
Fat	8 g
Total Sugars	2.7 g

The University of Minnesota Nutrition Data System for Research (NDSR) Program (2016) was used for the nutrition analysis.

# Baked Salmon with Cucumber Sauce

## Ingredients:

### Salmon:

- 8 oz (177 g) salmon fillet
- 2 Tbsp (35 g) lemon juice
- 4 sprigs (0.8 g) fresh dill, chopped
- Sea salt to taste
- Ground black pepper to taste
- Water

### Cucumber Sauce:

- ½ (108 g) cucumber, washed and chopped
- 2 cloves (6 g) fresh garlic, minced
- ½ Tbsp (3 g) lemon juice
- Sea salt to taste
- Ground black pepper to taste
- ¼ cup (61 g) plain lowfat Greek yogurt
- 3 sprigs (0.6 g) fresh dill, chopped

## Directions:

1. Preheat oven to 375°F.
2. Place salmon fillet skin side down in a glass baking dish and pour lemon juice over the fillet.
3. Sprinkle dill over salmon and add salt and pepper to taste.
4. Add a small amount of water to the bottom of the baking dish, until the salmon is halfway submerged.
5. Cover the dish with foil, and bake in preheated oven for 20 minutes.
6. Prepare the cucumber sauce. Mix all of the sauce ingredients in a medium-sized bowl, cover and chill until ready to use.

Chef's tip: *You can use sour cream in place of Greek yogurt.*

Servings suggestions: *Delicious when served with potatoes or quinoa, and a green salad.*



Innovation in Nutrition

A Nestlé Health Science Company

Always consult your healthcare professional before making any changes to your diet. This recipe was designed for individuals who have hepatic Glycogen Storage Diseases (GSD) types 0, I, III, VI and IX.

Recipe and mixing suggestions have been tested using the ingredients mentioned, however other similar products may be used.

Please discuss the suitability of these substitutions with your healthcare professional.

For more information about Vitaflo products and services, visit [www.VitafloUSA.com](http://www.VitafloUSA.com), email [vitafloNAM@vitaflousa.com](mailto:vitafloNAM@vitaflousa.com) or call **888-848-2356**.

All trademarks are owned by Société des Produits Nestlé S.A., Vevey, Switzerland. © 2020 Nestlé. This recipe was developed by Connecticut Children's team and Vitaflo International Ltd.