

# Avocado Lime Salmon with BBQ Rub

Prep Time 15 mins  
 Total Time 30 mins  
 Meal Type Dinner  
 Contributed By



Source [Living Plate](#)

Servings 4



## Ingredients

lb,c g,ml

- 1 1/2 lb salmon, *skinless*
- 1 tsp olive oil
- 2 tsp BBQ Rub
- pepper, *to taste*
- 1 avocado, *chopped*
- 1 red onion, *chopped*
- 4 Tbs cilantro, fresh, *chopped*
- 4 Tbs olive oil
- 4 Tbs lime juice

## Directions

### Make

1. Preheat oven to 400°F.
2. On a baking sheet, season salmon with 1 teaspoon olive oil, BBQ seasoning, and pepper.
3. Bake for 10–12 minutes.
4. In a small bowl, mix avocado topping ingredients until fully incorporated. Don't overmix or you'll break down your avocado.
5. Spoon avocado topping over the salmon.
6. Enjoy!

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each "-" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
<b>Calories</b> per serving	<b>558</b>	<b>Total Fat</b> 42.9g	65%	<b>Total Carbohydrates</b> 7g	2%
		Saturated Fat 8.0g	39%	Dietary Fiber 3g	13%
		Trans Fat 0.0g		Total Sugars 2g	
		<b>Cholesterol</b> 94mg	31%	<b>Protein</b> 36g	
		<b>Sodium</b> 106mg	4%		
Vitamin D 19mcg 187% · Calcium 32mg 3% · Iron 1mg 6% · Potassium 879mg 18%					

\* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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