

## Salmon Loaf

Recipe brought to you by: <http://www.best-low-carb-recipes.com/>

Makes 4 servings

### PER SERVING:

376 Calories

6.5g Carbs

3.0g Fibre

3.5 Net Carbs

26g Fat

30g Protein

(60% Fat, 6.7% Carbs, 33.2% Protein)

### INGREDIENTS

1 cup almond flour

2 cans (each 7.5oz/213g) salmon, keep liquid from both cans

2 eggs, lightly beaten

2 tbsp lemon juice

1/4 tsp each, celery salt, pepper, paprika

generous pinch of cayenne pepper

butter to grease the pan

### DIRECTIONS:

Preheat the oven to 350F.

In a large bowl, combine the almond flour with the salmon liquid and let rest for 5 minutes.

In a small bowl add the salmon. Mash the bones and skin .

Add the salmon to the almond mixture along with the lemon juice, the eggs and spices. Mix thoroughly.

Grease a 9 x 5 loaf pan and pack the salmon mixture firmly.

Set the pan into a larger pan. Add enough hot water to come up at least half way up the salmon dish. Bake for 1 hour to 1-1/4 hour on the middle rack. The loaf will become golden on top and feel firm to the touch.

Remove it from the oven and tent it loosely with foil to rest for 5 minutes before cutting.

Use a serrated knife to cut into 8 even slices, serving 2 slices per person.

Serve with lemon juice or home made tartar sauce.

Refrigerate any leftovers to [make the best fish sticks](#) for lunch or dinner tomorrow!!

Oh, and if you're curious about the [nutritional value of salmon, you may find this article interesting](#). I had a wonderful time doing research. I really love getting in there and learning all I can about the foods I love.

Like the fact that salmon is rich in Omega-3 fatty acids, which makes it really good to eat frequently in a low carb diet.

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