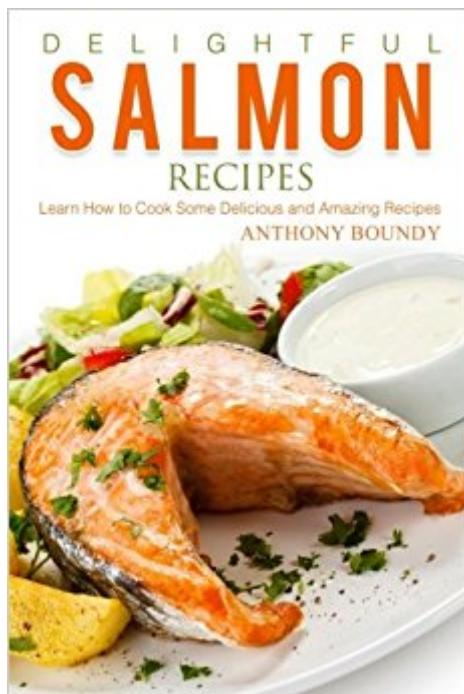


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Delightful Salmon Recipes: Learn How To Cook Some Delicious And Amazing Recipes



Synopsis

Among fish, salmon is actually one of the fattiest, but its fat content is similar to that of lean meats. It contains about 10% fat, while most of the red meat cuts on the market contain about 5% to 15% (visible fat removed). In addition, salmon fats are extremely beneficial to health and I am sure you can enjoy it even if you don't really like fish. It can be cooked in so many different ways, and it does not dry out like many other fish varieties. The nutritional qualities of salmon are so numerous that it is difficult to know where to start; rich in protein and good fat (the Omega 3 which act primarily by reducing inflammation in your body). Inflammation is proving to be the basis of many health problems, such as cardiovascular disease, diabetes, some cancers, and arthritis. It also helps prevent the formation of blood clots that cause strokes. I can keep listing more and more benefits and how important is to eat salmon, but I am sure you would prefer to start making some delicious and fantastic salmon recipes instead of reading everything, so go on--what are you waiting for?

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