



Nutritious Dinner Recipe: Salmon And Broccoli



There are several benefits of Salmon and Broccoli. Having them in the dinner can provide great health benefits. Let's look at some of the benefits -

Benefits of Salmon

Salmon is very low in saturated fat and a good source of protein. It's also one of the best sources of vitamin B12. It's also bursting with potassium and other nutrients like iron and

vitamin D

Benefits of Broccoli

- Reducing the risk of cancer. Cruciferous vegetables contain a range of antioxidants, which may help prevent the type of cell damage that leads to cancer.
- Boosting immune health. Vitamin C is an antioxidant that provides a range of benefits.
- Improving skin health.
- Reducing the risk of diabetes.

To read this healthy recipe visit: [Salmon and Broccoli recipe](#)