



Balsamic and Rosemary Grilled Salmon



Gluten Free



Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



262 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon balsamic vinegar
- ☐ 1 sprig rosemary fresh minced
- ☐ 1 clove garlic minced
- ☐ 0.3 cup juice of lemon
- ☐ 3 tablespoons olive oil
- ☐ 16 ounce salmon fillet
- ☐ 4 servings sea salt to taste

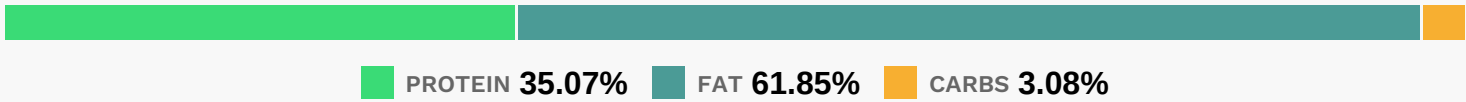
Equipment

- ☐ whisk
- ☐ grill

Directions

- ☐ Season salmon fillets to taste with sea salt, and place into a shallow, glass dish.
- ☐ Whisk together vinegar, olive oil, lemon juice, garlic, and rosemary; pour over salmon fillets. Cover, and refrigerate at least 30 minutes.
- ☐ Preheat an outdoor grill for medium-high heat, and lightly oil grate.
- ☐ Remove salmon from marinade, and shake off excess. Discard remaining marinade. Cook on preheated grill until fish is opaque in the center and flakes easily with a fork, about 4 minutes per side.

Nutrition Facts



Properties

Glycemic Index:20, Glycemic Load:0.41, Inflammation Score:-3, Nutrition Score:16.653913002947%

Flavonoids

Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 261.87kcal (13.09%), Fat: 17.73g (27.28%), Saturated Fat: 2.57g (16.06%), Carbohydrates: 1.99g (0.66%), Net Carbohydrates: 1.92g (0.7%), Sugar: 0.99g (1.1%), Cholesterol: 62.37mg (20.79%), Sodium: 245.1mg (10.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.62g (45.24%), Vitamin B12: 3.61µg (60.1%), Selenium: 41.51µg (59.3%), Vitamin B6: 0.94mg (47.2%), Vitamin B3: 8.93mg (44.66%), Vitamin B2: 0.43mg (25.53%), Phosphorus: 229.94mg (22.99%), Vitamin B5: 1.91mg (19.12%), Vitamin B1: 0.26mg (17.43%), Potassium: 579.16mg (16.55%), Copper: 0.29mg (14.47%), Vitamin E: 1.54mg (10.24%), Magnesium: 34.5mg (8.62%), Folate: 31.45µg (7.86%), Vitamin C: 6.14mg (7.44%), Vitamin K: 6.33µg (6.03%), Iron: 1.02mg (5.68%), Zinc: 0.75mg (4.97%), Manganese: 0.04mg (1.92%), Calcium: 17.26mg (1.73%)