



Barbecued Salmon Fillet



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



12

CALORIES



51 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons butter melted
- ☐ 0.5 cup cooking wine dry white
- ☐ 0.3 cup juice of lemon
- ☐ 12 servings lemon wedges
- ☐ 12 servings parsley chopped
- ☐ 1 fillet salmon with skin (3 1/2 to 4 lb.)
- ☐ 0.3 cup soya sauce

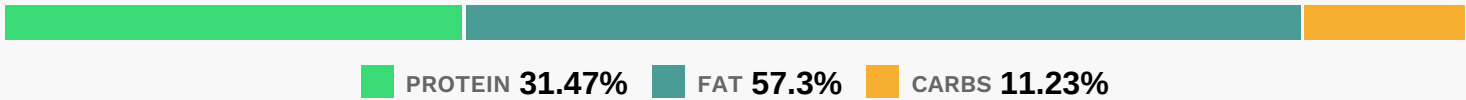
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Rinse fish and pat dry. Set fish, skin down, on a sheet of heavy foil and trim foil to make a rim about 2 inches wider than fish. Fold excess foil up to create a lip around fish.
- ☐ In a bowl, combine butter, wine, lemon juice, and soy sauce.
- ☐ Prepare barbecue for indirect heat.
- ☐ If using charcoal briquets, mound and ignite 60 briquets on the firegrate of a barbecue with a lid. When briquets are dotted with gray ash, in 15 to 20 minutes, push equal amounts to opposite sides of firegrate.
- ☐ Add 5 more briquets to each mound of coals. Set a drip pan on firegrate between coals.
- ☐ If using a gas barbecue, turn all burners to high and close lid for 10 minutes. Adjust burners for indirect cooking (no heat down center) and keep on high.
- ☐ Set fish, foil down, on grill but not over heat source.
- ☐ Brush fish generously with butter mixture, then again about every 5 minutes, until fish is opaque but still moist-looking in center of thickest part (cut to test), 20 to 30 minutes. Cover grill (open vents for charcoal).
- ☐ Slide a large, rimless baking sheet under foil, then slide fish from pan onto a platter.
- ☐ Sprinkle with parsley.
- ☐ Cut fish into portions and lift from skin. Season with juice from lemon wedges.

Nutrition Facts



Properties

Glycemic Index:7.29, Glycemic Load:0.13, Inflammation Score:-4, Nutrition Score:6.2113042396048%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.46mg, Eriodictyol: 0.46mg, Eriodictyol: 0.46mg, Eriodictyol: 0.46mg Hesperetin: 1.05mg, Hesperetin: 1.05mg, Hesperetin: 1.05mg, Hesperetin: 1.05mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 50.84kcal (2.54%), Fat: 2.83g (4.35%), Saturated Fat: 0.54g (3.36%), Carbohydrates: 1.25g (0.42%), Net Carbohydrates: 1.03g (0.38%), Sugar: 0.37g (0.41%), Cholesterol: 7.79mg (2.6%), Sodium: 301.04mg (13.09%), Alcohol: 1.03g (100%), Alcohol %: 3.15% (100%), Protein: 3.49g (6.99%), Vitamin K: 65.64µg (62.51%), Vitamin C: 7.82mg (9.48%), Vitamin A: 426.61IU (8.53%), Vitamin B12: 0.45µg (7.55%), Selenium: 5.23µg (7.48%), Vitamin B3: 1.37mg (6.87%), Vitamin B6: 0.14mg (6.87%), Vitamin B2: 0.07mg (4.03%), Phosphorus: 39.84mg (3.98%), Potassium: 116.52mg (3.33%), Folate: 11.74µg (2.94%), Iron: 0.51mg (2.85%), Vitamin B5: 0.28mg (2.85%), Vitamin B1: 0.04mg (2.71%), Copper: 0.05mg (2.47%), Magnesium: 9.5mg (2.37%), Manganese: 0.05mg (2.27%), Zinc: 0.17mg (1.13%), Calcium: 10.35mg (1.04%)