



## BBQ Salmon

 **Gluten Free**  **Dairy Free**  **Very Healthy**  **Low Fod Map**

READY IN



13 min.

SERVINGS



4

CALORIES



429 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 4 servings clayton shurley's bbq sauce
- 4 servings brown sugar to taste
- 4 servings olive oil to taste
- 4 servings cracked pepper black
- 4 servings clayton shurley's seafood rub
- 28 ounce salmon fillet
- 4 servings clayton shurley's finishing salt smoked

## Equipment

grill

## Directions

- Watch how to make this recipe.
- Pat salmon fillets dry, then rub them with the Seafood Rub and cracked pepper.
- Drizzle salmon with olive oil.
- Turn on grill or start fire making sure grill is hot before placing salmon on grill. Rub the grill with a towel coated with olive oil.
- Place salmon on grill with skin side up and let cook for 3 to 4 minutes on each side or desired doneness. Turn salmon and finish with the Smoked Salt, BBQ sauce and brown sugar, to taste.

## Nutrition Facts

 **PROTEIN 37.54%** **FAT 57.05%** **CARBS 5.41%**

## Properties

Glycemic Index:8, Glycemic Load:0.01, Inflammation Score:-4, Nutrition Score:29.1226088301%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

## Nutrients (% of daily need)

Calories: 428.87kcal (21.44%), Fat: 26.74g (41.14%), Saturated Fat: 3.95g (24.67%), Carbohydrates: 5.71g (1.9%), Net Carbohydrates: 5.45g (1.98%), Sugar: 4.27g (4.75%), Cholesterol: 109.15mg (36.38%), Sodium: 293.37mg (12.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.59g (79.17%), Vitamin B12: 6.31µg (105.18%), Selenium: 72.64µg (103.78%), Vitamin B6: 1.65mg (82.62%), Vitamin B3: 15.67mg (78.34%), Vitamin B2: 0.76mg (44.63%), Phosphorus: 400.83mg (40.08%), Vitamin B5: 3.31mg (33.1%), Vitamin B1: 0.45mg (30.27%), Potassium: 995.22mg (28.43%), Copper: 0.52mg (25.85%), Vitamin K: 24.72µg (23.54%), Magnesium: 62.7mg (15.67%), Vitamin E: 2.05mg (13.68%), Iron: 2.42mg (13.43%), Folate: 52.45µg (13.11%), Manganese: 0.19mg (9.3%), Zinc: 1.34mg (8.92%), Calcium: 48.09mg (4.81%), Vitamin A: 134.81IU (2.7%), Fiber: 0.26g (1.04%)