



BBQ Salmon



Gluten Free



Dairy Free



Popular

READY IN



15 min.

SERVINGS



4

CALORIES



246 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup & spicy barbecue sauce thick kraft
- 2 Tbsp brown sugar
- 1 green onion sliced
- 1 lb salmon fillet

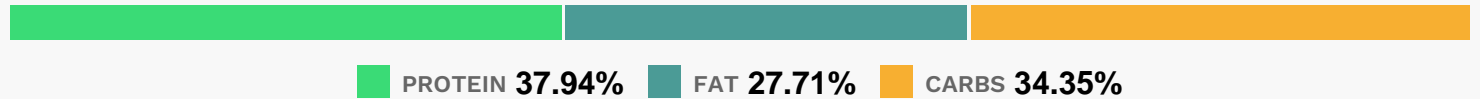
Equipment

- grill

Directions

- Heat greased grill to medium-high heat.
- Mix first 3 ingredients until blended.
- Grill fish 4 min. on each side.
- Brush generously with sauce. Grill 2 to 4 min. or until fish flakes easily with fork, turning occasionally and brushing with remaining sauce.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0.05, Inflammation Score:-3, Nutrition Score:16.792173802853%

Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 246.28kcal (12.31%), Fat: 7.42g (11.42%), Saturated Fat: 1.13g (7.06%), Carbohydrates: 20.69g (6.9%), Net Carbohydrates: 20.29g (7.38%), Sugar: 17.76g (19.73%), Cholesterol: 62.37mg (20.79%), Sodium: 420.28mg (18.27%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 22.85g (45.71%), Vitamin B12: 3.61µg (60.1%), Selenium: 41.95µg (59.92%), Vitamin B6: 0.96mg (47.93%), Vitamin B3: 9.15mg (45.74%), Vitamin B2: 0.45mg (26.67%), Phosphorus: 235.3mg (23.53%), Vitamin B5: 1.96mg (19.56%), Potassium: 654.85mg (18.71%), Vitamin B1: 0.27mg (17.74%), Copper: 0.31mg (15.73%), Magnesium: 38.67mg (9.67%), Folate: 31.04µg (7.76%), Iron: 1.22mg (6.79%), Vitamin K: 6.85µg (6.53%), Zinc: 0.8mg (5.33%), Manganese: 0.07mg (3.59%), Calcium: 32.55mg (3.25%), Vitamin A: 155.35IU (3.11%), Vitamin E: 0.3mg (2.02%), Fiber: 0.4g (1.6%)