



Brochette of Wild Salmon with Salsa Verde

 Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



248 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 1 teaspoon lemon zest grated
- 2 tablespoons olive oil extra-virgin
- 2.5 pounds salmon fillet wild cut into 1- to 1 1/2-inch chunks (1 3/4 pounds skinned)
- 8 servings salsa verde
- 1.3 teaspoons sea salt
- 6 inch wooden skewers
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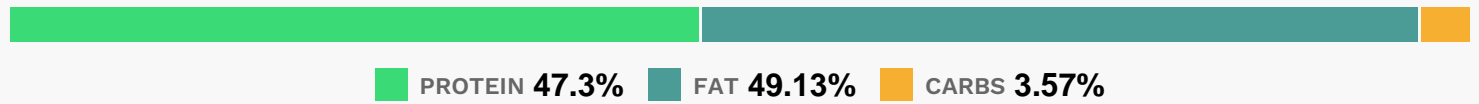
Equipment

- bowl
- grill
- skewers

Directions

- Combine first 4 ingredients in a large bowl; add salmon. Cover and chill 1 to 4 hours, tossing occasionally.
- Place skewers in water to cover, and let soak 30 minutes. Thread salmon evenly onto skewers.
- Grill skewers on a lightly greased grill rack over medium-high heat (350 to 400°F) for 3 to 4 minutes on each side.
- Let stand 5 minutes.
- Serve with Salsa Verde.

Nutrition Facts



Properties

Glycemic Index:4, Glycemic Load:0.02, Inflammation Score:-4, Nutrition Score:19.818695440888%

Nutrients (% of daily need)

Calories: 247.69kcal (12.38%), Fat: 12.99g (19.99%), Saturated Fat: 1.88g (11.72%), Carbohydrates: 2.12g (0.71%), Net Carbohydrates: 2.06g (0.75%), Sugar: 2.01g (2.23%), Cholesterol: 77.96mg (25.99%), Sodium: 655.92mg (28.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.14g (56.28%), Vitamin B12: 4.51µg (75.13%), Selenium: 51.75µg (73.92%), Vitamin B6: 1.16mg (58.01%), Vitamin B3: 11.14mg (55.72%), Vitamin B2: 0.54mg (31.71%), Phosphorus: 283.72mg (28.37%), Vitamin B5: 2.36mg (23.61%), Potassium: 761.69mg (21.76%), Vitamin B1: 0.32mg (21.38%), Copper: 0.36mg (17.83%), Magnesium: 41.37mg (10.34%), Folate: 35.49µg (8.87%), Iron: 1.17mg (6.5%), Zinc: 0.91mg (6.07%), Vitamin A: 257.51IU (5.15%), Vitamin E: 0.51mg (3.37%), Vitamin K: 2.31µg (2.2%), Manganese: 0.04mg (1.98%), Vitamin C: 1.54mg (1.86%), Calcium: 18.16mg (1.82%)