



Broiled Salmon

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



80 min.

SERVINGS



20

CALORIES



50 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 Tbsp cooking wine dry white
- 0.3 cup juice of lemon fresh
- 2 Tbsp olive oil
- 0.7 oz env. seasons dressing mix italian good
- 1 lb salmon steaks

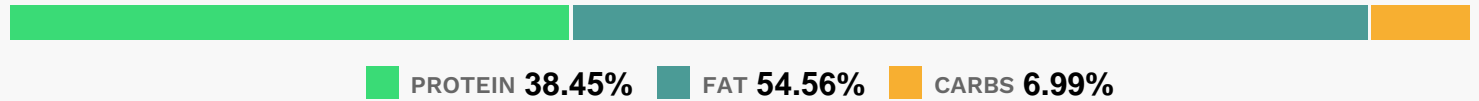
Equipment

- broiler
- broiler pan

Directions

- Mix first 4 ingredients until blended. Reserve 1/4 cup of the dressing mixture.
- Pour remaining dressing mixture over fish in shallow dish; turn to evenly coat fish. Refrigerate 1 hour to marinate.
- Heat broiler.
- Remove fish from marinade; discard marinade.
- Place fish on rack of broiler pan sprayed with cooking spray.
- Broil, 4 inches from heat, 6 min. on each side or until fish flakes easily with fork, brushing occasionally with reserved dressing mixture.

Nutrition Facts



Properties

Glycemic Index:0.75, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:3.2730434436513%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 49.86kcal (2.49%), Fat: 2.85g (4.38%), Saturated Fat: 0.42g (2.61%), Carbohydrates: 0.82g (0.27%), Net Carbohydrates: 0.81g (0.29%), Sugar: 0.1g (0.11%), Cholesterol: 12.47mg (4.16%), Sodium: 84.57mg (3.68%), Alcohol: 0.23g (100%), Alcohol %: 0.97% (100%), Protein: 4.51g (9.02%), Vitamin B12: 0.72µg (12.02%), Selenium: 8.28µg (11.83%), Vitamin B6: 0.19mg (9.4%), Vitamin B3: 1.79mg (8.94%), Vitamin B2: 0.09mg (5.12%), Phosphorus: 46.01mg (4.6%), Vitamin B5: 0.38mg (3.82%), Vitamin B1: 0.05mg (3.47%), Potassium: 115.88mg (3.31%), Copper: 0.06mg (2.86%), Magnesium: 6.99mg (1.75%), Folate: 6.3µg (1.58%), Vitamin C: 1.18mg (1.43%), Vitamin E: 0.21mg (1.37%), Iron: 0.2mg (1.1%)