



HEALTH SCORE

67%

Brown Sugar and Mustard Salmon



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



272 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon pepper black freshly ground
- ☐ 2 tablespoons brown sugar dark
- ☐ 1 garlic clove minced
- ☐ 0.3 teaspoon ground coriander
- ☐ 0.3 teaspoon ground ginger
- ☐ 0.3 teaspoon kosher salt
- ☐ 1.5 pound center-cut salmon fillet
- ☐ 2 tablespoons whole-grain dijon mustard

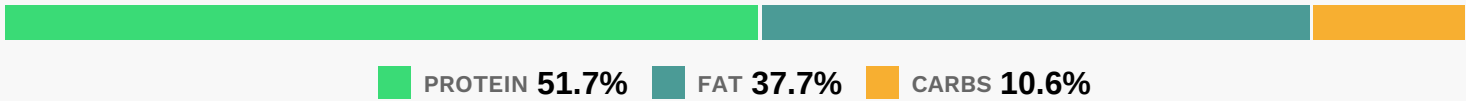
Equipment

- ☐ frying pan
- ☐ grill
- ☐ aluminum foil
- ☐ spatula

Directions

- ☐ Prepare grill for indirect grilling. If using a gas grill, heat one side to medium-high and leave one side with no heat. If using a charcoal grill, arrange hot coals on either side of charcoal grate, leaving an empty space in the middle.
- ☐ Combine first 7 ingredients, stirring until well blended.
- ☐ Spread mustard mixture over fish; let stand 15 minutes.
- ☐ Carefully remove grill rack.
- ☐ Place a disposable aluminum foil pan on unheated part of grill. Carefully return grill rack to grill.
- ☐ Place fish, skin side down, on grill rack over unheated part. Close lid; grill 30 minutes or until fish flakes easily when tested with a fork or until desired degree of doneness.
- ☐ Remove fish from grill by inserting a spatula between skin and fish. Discard skin.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:0.16, Inflammation Score:-4, Nutrition Score:24.166521597816%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 272.08kcal (13.6%), Fat: 11.09g (17.05%), Saturated Fat: 1.7g (10.62%), Carbohydrates: 7.01g (2.34%), Net Carbohydrates: 6.47g (2.35%), Sugar: 5.94g (6.6%), Cholesterol: 93.55mg (31.18%), Sodium: 304.67mg (13.25%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.2g (68.4%), Selenium: 64.94µg (92.77%), Vitamin B12: 5.41µg (90.15%), Vitamin B6: 1.41mg (70.53%), Vitamin B3: 13.44mg (67.22%), Vitamin B2: 0.65mg (38.45%), Phosphorus: 351.19mg (35.12%), Vitamin B5: 2.87mg (28.73%), Vitamin B1: 0.4mg (26.73%), Potassium: 865.62mg (24.73%), Copper: 0.44mg (22.22%), Magnesium: 55.19mg (13.8%), Folate: 43.23µg (10.81%), Manganese: 0.18mg (9.15%), Iron: 1.63mg (9.06%), Zinc: 1.16mg (7.76%), Calcium: 34.81mg (3.48%), Fiber: 0.53g (2.14%), Vitamin A: 76.2IU (1.52%)