



HEALTH SCORE

75%

Citrus-Glazed Grilled Salmon



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



20 min.

SERVINGS



4

CALORIES



298 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup orange marmalade
- ☐ 1 tablespoon juice of lemon
- ☐ 1 tablespoon basil dried fresh chopped
- ☐ 24 oz salmon fillet
- ☐ 1 stick pam original flavor shopping list
- ☐ 0.5 teaspoon highest available proof grain spirit
- ☐ 0.3 teaspoon salt

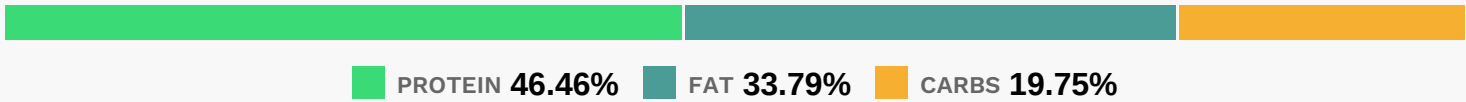
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Heat gas or charcoal grill. In small bowl, combine marmalade, lemon juice and basil; mix well. Spray skin side of salmon with nonstick cooking spray. Turn salmon over; sprinkle with garlic-pepper blend and salt.
- ☐ When grill is heated, place salmon, skin side down, on gas grill over medium-low heat or on charcoal grill 4 to 6 inches from medium-low coals. Cook 12 to 17 minutes or until fish flakes easily with fork, brushing with marmalade mixture during last 8 to 10 minutes of cooking time.

Nutrition Facts



Properties

Glycemic Index:14, Glycemic Load:0.24, Inflammation Score:-4, Nutrition Score:25.105217658955%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg 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: 298.07kcal (14.9%), Fat: 11.04g (16.98%), Saturated Fat: 1.72g (10.76%), Carbohydrates: 14.51g (4.84%), Net Carbohydrates: 13.94g (5.07%), Sugar: 12.13g (13.47%), Cholesterol: 93.55mg (31.18%), Sodium: 232.37mg (10.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.14g (68.28%), Vitamin B12: 5.41µg (90.15%), Selenium: 62.26µg (88.94%), Vitamin B6: 1.41mg (70.64%), Vitamin B3: 13.47mg (67.37%), Vitamin B2: 0.67mg (39.15%), Phosphorus: 346.7mg (34.67%), Vitamin B5: 2.85mg (28.53%), Vitamin B1: 0.39mg (25.86%), Potassium: 873.7mg (24.96%), Copper: 0.47mg (23.41%), Vitamin K: 17.16µg (16.34%), Magnesium: 58.16mg (14.54%), Iron: 2.31mg (12.81%), Folate: 48.76µg (12.19%), Zinc: 1.21mg (8.04%), Manganese: 0.14mg (6.91%), Calcium: 50.86mg (5.09%), Vitamin C: 2.42mg (2.93%), Fiber: 0.57g (2.27%), Vitamin A: 88.22IU (1.76%)