



HEALTH SCORE

91%

Fennel- and Coriander-Spiced Salmon Fillets



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



372 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 teaspoons coriander seeds
- ☐ 1.5 tablespoons fennel seeds
- ☐ 6 servings olive oil extra virgin extra-virgin
- ☐ 36 ounce salmon fillet skinless thick (each)

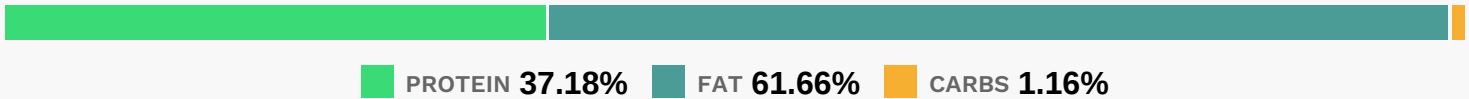
Equipment

- ☐ grill

Directions

- ☐ Prepare barbecue (high heat). Coarsely grind fennel seeds and coriander seeds in spice grinder.
- ☐ Brush salmon fillets generously with oil.
- ☐ Sprinkle both sides of fillets with salt and pepper, then with spice mixture, pressing to adhere.
- ☐ Grill salmon, covered, until center is just opaque, about 4 minutes per side.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-4, Nutrition Score:24.837825821794%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Nutrients (% of daily need)

Calories: 371.96kcal (18.6%), Fat: 25.1g (38.61%), Saturated Fat: 3.61g (22.58%), Carbohydrates: 1.06g (0.35%), Net Carbohydrates: 0.25g (0.09%), Sugar: 0g (0%), Cholesterol: 93.55mg (31.18%), Sodium: 76.62mg (3.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.05g (68.09%), Vitamin B12: 5.41µg (90.15%), Selenium: 62.22µg (88.88%), Vitamin B6: 1.4mg (69.92%), Vitamin B3: 13.47mg (67.36%), Vitamin B2: 0.65mg (38.42%), Phosphorus: 349.54mg (34.95%), Vitamin B5: 2.83mg (28.3%), Vitamin B1: 0.39mg (26.12%), Potassium: 865.36mg (24.72%), Copper: 0.45mg (22.31%), Magnesium: 56.75mg (14.19%), Vitamin E: 2.02mg (13.44%), Folate: 42.52µg (10.63%), Iron: 1.8mg (9.99%), Vitamin K: 8.43µg (8.03%), Zinc: 1.17mg (7.78%), Manganese: 0.13mg (6.74%), Calcium: 42.04mg (4.2%), Fiber: 0.81g (3.23%), Vitamin A: 70.06IU (1.4%)