



Fennel- and Dill-Rubbed Grilled Salmon



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



465 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons pepper black freshly ground
- ☐ 1 tablespoon kosher salt
- ☐ 2 teaspoons dill dried
- ☐ 1 tablespoon fennel seeds
- ☐ 0.3 cup brown sugar packed ()
- ☐ 8 servings olive oil
- ☐ 3 tablespoons pimenton de la vera smoked spanish (paprika)
- ☐ 3.8 pound salmon wild with skin (preferably salmon)

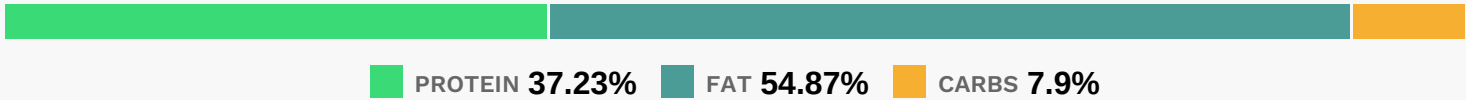
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ grill

Directions

- ☐ Finely grind fennel seeds in spice mill or coffee grinder.
- ☐ Transfer to small bowl.
- ☐ Mix in next 5 ingredients.
- ☐ Spray grill rack with nonstick spray. Prepare barbecue (medium-high heat).
- ☐ Brush salmon lightly on both sides with olive oil. Rub spice mixture generously over flesh side of salmon.
- ☐ Place salmon, skin side up, on grill rack; cover and cook until fish is slightly firmer, about 8 minutes. Slide rimless baking sheet under salmon to turn salmon over without breaking.
- ☐ Place another rimless baking sheet atop salmon. Using both hands, firmly hold baking sheets together and invert salmon; slide salmon, flesh side up, off baking sheet and onto grill rack. Cover and grill until just opaque in center, about 8 minutes longer. Using rimless baking sheet, remove salmon from grill. Gently slide salmon, flesh side up, onto platter and serve.
- ☐ Look for Pimentón de la Vera at specialty foods stores, or order it from La Tienda (888-472-1022; tienda.com) or The Spanish Table (206-682-2827; spanishtable.com).

Nutrition Facts



Properties

Glycemic Index:4, Glycemic Load:0.06, Inflammation Score:-7, Nutrition Score:31.832608518393%

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: 464.74kcal (23.24%), Fat: 28.05g (43.15%), Saturated Fat: 4.1g (25.64%), Carbohydrates: 9.09g (3.03%), Net Carbohydrates: 7.58g (2.76%), Sugar: 6.89g (7.65%), Cholesterol: 116.94mg (38.98%), Sodium: 1018.29mg (44.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.82g (85.63%), Vitamin B12: 6.76µg (112.69%), Selenium: 78.33µg (111.9%), Vitamin B6: 1.81mg (90.71%), Vitamin B3: 17.13mg (85.63%), Vitamin B2: 0.84mg (49.44%), Phosphorus: 440.32mg (44.03%), Vitamin B5: 3.58mg (35.81%), Vitamin B1: 0.49mg (32.84%), Potassium: 1137.43mg (32.5%), Copper: 0.58mg (29.07%), Vitamin E: 3.17mg (21.1%), Vitamin A: 992.92IU (19.86%), Magnesium: 71.64mg (17.91%), Iron: 2.66mg (14.8%), Folate: 54.15µg (13.54%), Vitamin K: 12.42µg (11.83%), Manganese: 0.21mg (10.72%), Zinc: 1.54mg (10.24%), Fiber: 1.5g (6.01%), Calcium: 57.45mg (5.74%)