

Fennel- and Dill-Rubbed Grilled Salmon



Ingredients

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

Equipment		
	bowl	
	baking sheet	
	grill	
Diı	rections	
	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		
	PROTEIN 27 220/ PAT 54 070/ PAGE 7 00/	
	PROTEIN 37.23% FAT 54.87% CARBS 7.9%	
Properties		
Clyro	omia Inday: 1 Glycomia Load: 0.06 Inflammation Spara: 7 Nutrition Spara: 21.9326.095193039	

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

Flavonoids

Apigenin: O.01mg, Apigenin: O.01mg, Apigenin: O.01mg, Apigenin: O.01mg Luteolin: O.02mg, Luteolin: O.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 %: O% (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%)