



## Fennel-Spiced Wild Salmon

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



45 min.

SERVINGS



8

CALORIES



274 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 teaspoon pepper black freshly ground
- 2 tablespoons canola oil
- 2 teaspoons fennel seeds
- 1 teaspoon kosher salt
- 8 fillet alaska salmon wild skinless thick (each 5 oz. and 1 in.)

### Equipment

- frying pan
- grill

## Directions

- In a small, unoled frying pan over medium heat, toast fennel seeds, stirring occasionally, until fragrant and a shade darker, 3 to 5 minutes. Put fennel seeds, salt, and pepper in a clean coffee or spice grinder and grind until coarsely ground.
- Rinse salmon fillets and pat dry. Dust each fillet generously with spice mix, then rub it in gently.
- Pour oil onto a platter and lightly coat fillets.
- Preheat charcoal or gas grill to medium (you can hold your hand 1 to 2 in. above the grill only 4 to 5 seconds). Cook salmon, skinned (outer) sides up, 3 minutes (close lid on gas grill). Turn salmon over and cook 3 minutes, or until moist and only slightly pink in center (cut to check).
- Let salmon rest 3 to 5 minutes.

## Nutrition Facts

**PROTEIN 50.89%** **FAT 48.6%** **CARBS 0.51%**

## Properties

Glycemic Index:4, Glycemic Load:0.02, Inflammation Score:-4, Nutrition Score:23.574347669664%

## Nutrients (% of daily need)

Calories: 274.38kcal (13.72%), Fat: 14.36g (22.09%), Saturated Fat: 1.93g (12.06%), Carbohydrates: 0.34g (0.11%), Net Carbohydrates: 0.11g (0.04%), Sugar: 0g (0%), Cholesterol: 93.5mg (31.17%), Sodium: 365.95mg (15.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.82g (67.64%), Vitamin B12: 5.41µg (90.1%), Selenium: 62.06µg (88.65%), Vitamin B6: 1.39mg (69.67%), Vitamin B3: 13.39mg (66.97%), Vitamin B2: 0.65mg (38.12%), Phosphorus: 342.63mg (34.26%), Vitamin B5: 2.83mg (28.31%), Vitamin B1: 0.39mg (25.76%), Potassium: 843.19mg (24.09%), Copper: 0.43mg (21.61%), Magnesium: 51.45mg (12.86%), Folate: 42.52µg (10.63%), Iron: 1.47mg (8.15%), Zinc: 1.11mg (7.39%), Vitamin E: 0.61mg (4.09%), Manganese: 0.08mg (3.83%), Calcium: 27.11mg (2.71%), Vitamin K: 2.7µg (2.57%), Vitamin A: 69.36IU (1.39%)