



Firecracker Grilled Salmon



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



311 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup balsamic vinegar
- ☐ 2 teaspoons garlic finely chopped
- ☐ 1.5 teaspoons ground ginger
- ☐ 1 tablespoon honey
- ☐ 0.3 cup soy sauce reduced-sodium
- ☐ 0.3 teaspoon onion powder
- ☐ 2 teaspoons pepper dried red crushed
- ☐ 36 oz salmon fillet

- ☐ 1 teaspoon sesame oil
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup vegetable oil

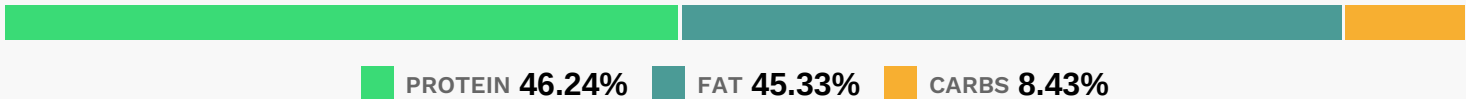
Equipment

- ☐ whisk
- ☐ grill

Directions

- ☐ Place salmon fillets in a large zip-top plastic freezer bag.
- ☐ Whisk together vegetable oil, soy sauce, balsamic vinegar, honey, garlic, dried crushed red pepper, ground ginger, sesame oil, table salt, and onion powder.
- ☐ Pour over salmon, reserving 1/4 cup mixture. Seal and chill 30 minutes. Preheat grill to 400 (high) heat.
- ☐ Remove salmon from marinade; discard marinade. Grill salmon, without grill lid, 4 to 5 minutes or until fish is cooked through and flakes with a fork, turning occasionally and basting with reserved marinade.
- ☐ Remove and discard skin.

Nutrition Facts



Properties

Glycemic Index:22.05, Glycemic Load:2.5, Inflammation Score:-5, Nutrition Score:25.275217618631%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 310.93kcal (15.55%), Fat: 15.24g (23.44%), Saturated Fat: 2.35g (14.7%), Carbohydrates: 6.37g (2.12%), Net Carbohydrates: 5.96g (2.17%), Sugar: 4.6g (5.11%), Cholesterol: 93.55mg (31.18%), Sodium: 665.02mg (28.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.98g (69.96%), Vitamin B12: 5.41µg (90.15%), Selenium:

62.74µg (89.62%), Vitamin B6: 1.44mg (71.97%), Vitamin B3: 13.63mg (68.14%), Vitamin B2: 0.68mg (40.09%), Phosphorus: 364.63mg (36.46%), Vitamin B5: 2.88mg (28.82%), Vitamin B1: 0.39mg (26.2%), Potassium: 909.07mg (25.97%), Copper: 0.45mg (22.36%), Magnesium: 60.42mg (15.1%), Manganese: 0.29mg (14.26%), Folate: 47.6µg (11.9%), Iron: 1.83mg (10.18%), Zinc: 1.25mg (8.34%), Vitamin K: 7.5µg (7.14%), Vitamin A: 265.95IU (5.32%), Vitamin E: 0.61mg (4.04%), Calcium: 31.7mg (3.17%), Fiber: 0.42g (1.67%)