



Grilled Dill-Mustard Salmon



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



238 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon optional: dill fresh chopped
- ☐ 1 tablespoon dijon mustard
- ☐ 1 tablespoon honey
- ☐ 0.3 cup mayonnaise
- ☐ 1.5 lb salmon fillet fresh
- ☐ 1 stick pam original flavor shopping list

Equipment

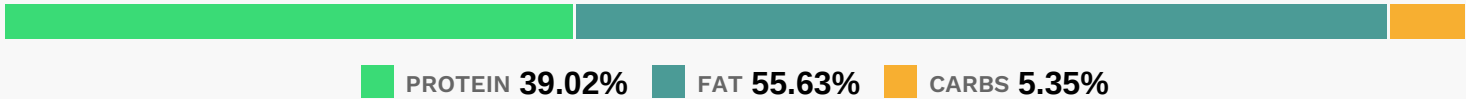
- ☐ bowl

☐ grill

Directions

- ☐ Heat grill. In small bowl, combine dill, mustard and honey; mix well.
- ☐ Place 2 tablespoons mustard mixture in small bowl; stir in mayonnaise until well blended. Refrigerate sauce until serving time. Reserve remaining mustard mixture for brushing on salmon.
- ☐ When ready to grill, spray skin side of salmon with nonstick cooking spray.
- ☐ Place salmon, skin side down, on gas grill over medium heat or on charcoal grill 4 to 6 inches from medium coals. Spoon reserved mustard mixture onto salmon, spreading evenly; cover grill. Cook 10 to 15 minutes or until fish flakes easily with fork.
- ☐ Serve mayonnaise–mustard sauce mixture with salmon.

Nutrition Facts



Properties

Glycemic Index:24.88, Glycemic Load:1.54, Inflammation Score:-3, Nutrition Score:16.359999866589%

Flavonoids

Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 238.01kcal (11.9%), Fat: 14.39g (22.13%), Saturated Fat: 2.23g (13.94%), Carbohydrates: 3.11g (1.04%), Net Carbohydrates: 2.99g (1.09%), Sugar: 2.96g (3.29%), Cholesterol: 66.29mg (22.1%), Sodium: 136.94mg (5.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.71g (45.41%), Selenium: 42.48µg (60.69%), Vitamin B12: 3.62µg (60.29%), Vitamin B6: 0.93mg (46.55%), Vitamin B3: 8.93mg (44.66%), Vitamin B2: 0.44mg (25.64%), Phosphorus: 231.64mg (23.16%), Vitamin B5: 1.91mg (19.13%), Vitamin B1: 0.26mg (17.47%), Potassium: 563.58mg (16.1%), Vitamin K: 15.25µg (14.52%), Copper: 0.29mg (14.42%), Magnesium: 34.29mg (8.57%), Folate: 29.16µg (7.29%), Iron: 0.99mg (5.48%), Zinc: 0.76mg (5.09%), Vitamin E: 0.31mg (2.1%), Manganese: 0.03mg (1.64%), Calcium: 16.28mg (1.63%), Vitamin A: 58.35IU (1.17%)