



Grilled Dilled Salmon and Vegetable Packs



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



290 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.3 lb salmon fillet
- ☐ 2 tablespoons vegetable oil
- ☐ 2 teaspoons dill dried fresh chopped
- ☐ 2 teaspoons parsley fresh chopped
- ☐ 1 teaspoon garlic salt
- ☐ 1.5 cups tomatoes seeded coarsely chopped
- ☐ 1.5 cups to 3 sized squashes yellow sliced
- ☐ 1 cup snow peas fresh

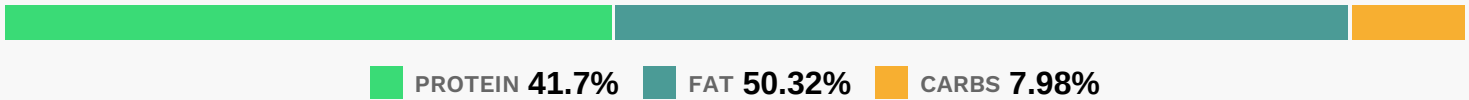
Equipment

- ☐ bowl
- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Heat gas or charcoal grill.
- ☐ Cut salmon fillet into 4 serving pieces.
- ☐ In small bowl, mix oil, dill weed, parsley and garlic salt. In heavy-duty foil bag, place salmon, tomatoes, squash and pea pods.
- ☐ Brush oil mixture over salmon and vegetables. Double-fold open end of bag.
- ☐ Place bag on grill. Cover grill; cook over medium heat 15 to 20 minutes or until salmon flakes easily with fork.
- ☐ Place bag on serving plate; unfold.

Nutrition Facts



Properties

Glycemic Index:25.5, Glycemic Load:0.88, Inflammation Score:-7, Nutrition Score:26.571738906529%

Flavonoids

Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 289.8kcal (14.49%), Fat: 16.05g (24.69%), Saturated Fat: 2.47g (15.45%), Carbohydrates: 5.73g (1.91%), Net Carbohydrates: 3.88g (1.41%), Sugar: 3.38g (3.76%), Cholesterol: 77.96mg (25.99%), Sodium: 649.43mg (28.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.91g (59.83%), Vitamin B12: 4.51µg (75.13%), Selenium: 52µg (74.28%), Vitamin B6: 1.34mg (67.22%), Vitamin B3: 11.84mg (59.21%), Vitamin B2: 0.63mg (37.09%), Vitamin C: 29.88mg (36.21%), Phosphorus: 328.74mg (32.87%), Potassium: 1003.95mg (28.68%), Vitamin B1: 0.4mg (26.68%),

Vitamin B5: 2.66mg (26.58%), Vitamin K: 25.14µg (23.94%), Copper: 0.43mg (21.56%), Vitamin A: 906.66IU (18.13%), Folate: 66.47µg (16.62%), Magnesium: 62.63mg (15.66%), Iron: 2.2mg (12.2%), Manganese: 0.24mg (12.08%), Zinc: 1.21mg (8.06%), Fiber: 1.84g (7.37%), Vitamin E: 1mg (6.7%), Calcium: 48.84mg (4.88%)