



Grilled Ginger Salmon Fillets



Gluten Free



Dairy Free



Very Healthy

READY IN



25 min.

SERVINGS



4

CALORIES



284 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons honey
- ☐ 2 tablespoons catsup
- ☐ 2 tablespoons ginger finely chopped
- ☐ 0.3 teaspoon salt
- ☐ 0.3 teaspoon hot sauce red
- ☐ 1.5 lb salmon fillet

Equipment

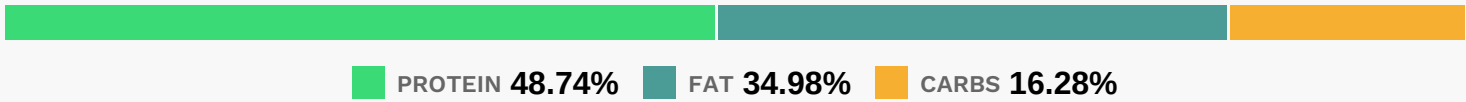
- ☐ bowl

☐ grill

Directions

- ☐ Heat gas or charcoal grill. In small bowl, mix all ingredients except salmon.
- ☐ Carefully brush grill rack with vegetable oil.
- ☐ Place salmon skin side down and crosswise on grill over medium heat. Cover grill; cook 8 minutes.
- ☐ Brush all of honey mixture over salmon. Cover grill; cook 3 to 6 minutes longer or until salmon flakes easily with fork.

Nutrition Facts



Properties

Glycemic Index:16.82, Glycemic Load:4.59, Inflammation Score:-4, Nutrition Score:23.524347745854%

Flavonoids

Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 283.86kcal (14.19%), Fat: 10.82g (16.64%), Saturated Fat: 1.68g (10.48%), Carbohydrates: 11.33g (3.78%), Net Carbohydrates: 11.22g (4.08%), Sugar: 10.28g (11.42%), Cholesterol: 93.55mg (31.18%), Sodium: 295.69mg (12.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.92g (67.84%), Vitamin B12: 5.41µg (90.15%), Selenium: 62.25µg (88.92%), Vitamin B6: 1.41mg (70.59%), Vitamin B3: 13.52mg (67.58%), Vitamin B2: 0.66mg (39.07%), Phosphorus: 343.78mg (34.38%), Vitamin B5: 2.85mg (28.48%), Vitamin B1: 0.39mg (25.75%), Potassium: 874.93mg (25%), Copper: 0.44mg (22.17%), Magnesium: 52.03mg (13.01%), Folate: 43.81µg (10.95%), Iron: 1.45mg (8.08%), Zinc: 1.14mg (7.58%), Manganese: 0.05mg (2.58%), Calcium: 22.84mg (2.28%), Vitamin A: 106.92IU (2.14%)