



Grilled Honey-Balsamic Salmon



Gluten Free



Dairy Free

READY IN



8 min.

SERVINGS



2

CALORIES



304 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon balsamic vinegar
- ☐ 1.5 tablespoons dijon mustard
- ☐ 0.3 teaspoon garlic salt
- ☐ 0.3 teaspoon coarsely ground pepper
- ☐ 1.5 tablespoons honey
- ☐ 12 ounce salmon steaks (1/)

Equipment

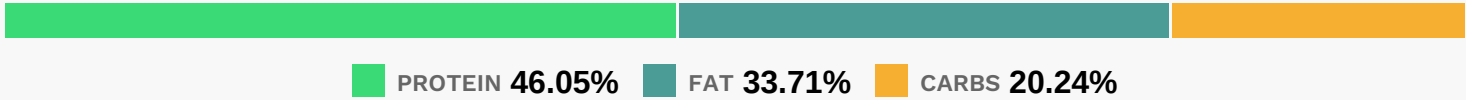
- ☐ bowl

☐ grill

Directions

- ☐ Combine first 5 ingredients in a bowl; brush mixture over fish.
- ☐ Coat grill rack with cooking spray; place on grill over medium-hot coals (350 to 400).
- ☐ Place fish on rack; grill, covered, 2 to 3 minutes on each side or until fish flakes easily when tested with a fork.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:83.14, Glycemic Load:7.52, Inflammation Score:-4, Nutrition Score:24.183913033942%

Nutrients (% of daily need)

Calories: 303.95kcal (15.2%), Fat: 11.17g (17.19%), Saturated Fat: 1.7g (10.63%), Carbohydrates: 15.1g (5.03%), Net Carbohydrates: 14.52g (5.28%), Sugar: 14.29g (15.88%), Cholesterol: 93.55mg (31.18%), Sodium: 491.8mg (21.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.34g (68.68%), Selenium: 66.05µg (94.36%), Vitamin B12: 5.41µg (90.15%), Vitamin B6: 1.4mg (70.18%), Vitamin B3: 13.45mg (67.27%), Vitamin B2: 0.66mg (38.84%), Phosphorus: 354.89mg (35.49%), Vitamin B5: 2.88mg (28.78%), Vitamin B1: 0.41mg (27.06%), Potassium: 870.88mg (24.88%), Copper: 0.44mg (22.24%), Magnesium: 56.44mg (14.11%), Folate: 43.67µg (10.92%), Iron: 1.69mg (9.39%), Zinc: 1.21mg (8.04%), Manganese: 0.13mg (6.49%), Calcium: 31.89mg (3.19%), Fiber: 0.58g (2.31%), Vitamin A: 77.39IU (1.55%)