



Grilled Lemon and Herb Salmon Packs



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



29 min.

SERVINGS



4

CALORIES



526 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup baby carrots (from 10-ounce bag)
- ☐ 1.8 cups chicken broth progresso® (from 32-ounce carton)
- ☐ 0.3 cup chives fresh chopped
- ☐ 2 cups rice instant uncooked
- ☐ 1 medium optional: lemon
- ☐ 1 teaspoon lemon pepper
- ☐ 16 ounces salmon fillet
- ☐ 0.5 teaspoon salt

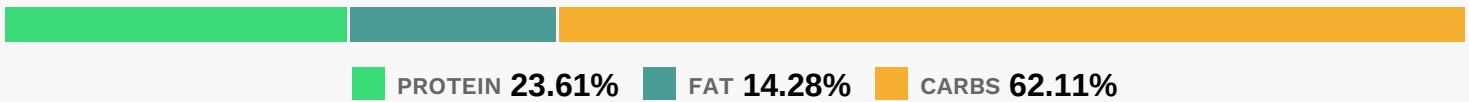
Equipment

- ☐ bowl
- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Heat coals or gas grill for direct heat. Spray four 18x12-inch sheets of heavy-duty aluminum foil with cooking spray.
- ☐ Mix rice and broth in medium bowl.
- ☐ Let stand about 5 minutes or until most of broth is absorbed. Stir in carrots.
- ☐ Place salmon fillet on center of each foil piece.
- ☐ Sprinkle with lemon pepper seasoning salt and salt; top with chives. Arrange lemon slices over salmon. Spoon rice mixture around each fillet. Fold foil over salmon and rice so edges meet. Seal edges, making tight 1/2-inch fold; fold again. Allow space on sides for circulation and expansion.
- ☐ Cover and grill packets 4 to 6 inches from low heat 11 to 14 minutes or until salmon flakes easily with fork.
- ☐ Place packets on plates.
- ☐ Cut large X across top of each packet; fold back foil.

Nutrition Facts



Properties

Glycemic Index:40.92, Glycemic Load:45.05, Inflammation Score:-10, Nutrition Score:29.746956275857%

Flavonoids

Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 0.34mg, Kaempferol: 0.34mg,

Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg

Nutrients (% of daily need)

Calories: 526.1kcal (26.31%), Fat: 8.18g (12.58%), Saturated Fat: 1.32g (8.26%), Carbohydrates: 80.02g (26.67%), Net Carbohydrates: 76.93g (27.97%), Sugar: 2.82g (3.13%), Cholesterol: 64.43mg (21.48%), Sodium: 752.34mg (32.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.41g (60.83%), Vitamin A: 4613.99IU (92.28%), Selenium: 56.22µg (80.31%), Vitamin B12: 3.63µg (60.44%), Manganese: 1.21mg (60.26%), Vitamin B6: 1.14mg (57.03%), Vitamin B3: 10.85mg (54.25%), Phosphorus: 353.29mg (35.33%), Vitamin B2: 0.56mg (32.86%), Vitamin B5: 3.03mg (30.32%), Copper: 0.56mg (27.83%), Vitamin B1: 0.37mg (24.41%), Potassium: 810.2mg (23.15%), Vitamin C: 17.08mg (20.7%), Magnesium: 64.66mg (16.17%), Folate: 50.94µg (12.74%), Zinc: 1.9mg (12.68%), Iron: 2.27mg (12.61%), Fiber: 3.1g (12.39%), Vitamin K: 11.02µg (10.49%), Calcium: 66.34mg (6.63%), Vitamin E: 0.2mg (1.3%)