



Grilled Lemon-Salmon Foil Packs

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



30 min.

SERVINGS



4

CALORIES



311 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 lb salmon fillet skinless cut into 4 serving pieces
- 2 tablespoons vegetable oil
- 0.5 teaspoon salt
- 0.5 teaspoon pepper
- 1 medium optional: lemon cut into 1/8-inch slices (12)
- 2 tablespoons parsley fresh finely chopped

Equipment

- grill

aluminum foil

Directions

- Heat gas or charcoal grill.
- Cut 4 (18x12-inch) sheets of heavy-duty foil.
- Place salmon piece on center of each sheet.
- Brush 1/2 tablespoon oil over both sides of each salmon piece.
- Sprinkle each piece with 1/8 teaspoon salt and 1/8 teaspoon pepper.
- Place about 3 lemon slices flat or overlapping on each piece.
- Bring up 2 sides of foil over salmon so edges meet. Seal edges, making tight 1/2-inch fold; fold again, allowing space for heat circulation and expansion. Fold other sides to seal.
- Place packets on grill over medium-low heat. Cover grill; cook 13 to 16 minutes, rotating packets 1/2 turn after about 7 minutes, until salmon flakes easily with fork.
- To serve, cut large X across top of each packet; carefully fold back foil to allow steam to escape.
- Sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:22.38, Glycemic Load:0.5, Inflammation Score:-5, Nutrition Score:26.884782708209%

Flavonoids

Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 310.83kcal (15.54%), Fat: 17.69g (27.21%), Saturated Fat: 2.72g (17.01%), Carbohydrates: 2.8g (0.93%), Net Carbohydrates: 1.92g (0.7%), Sugar: 0.69g (0.77%), Cholesterol: 93.55mg (31.18%), Sodium: 367.24mg (15.97%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.13g (68.26%), Vitamin B12: 5.41µg (90.15%), Selenium: 62.21µg (88.87%), Vitamin B6: 1.42mg (70.78%), Vitamin B3: 13.43mg (67.13%), Vitamin K: 45.71µg (43.54%), Vitamin B2: 0.65mg (38.48%), Phosphorus: 346.07mg (34.61%), Vitamin B5: 2.89mg (28.93%), Vitamin B1: 0.4mg (26.48%), Potassium: 885.2mg (25.29%), Copper: 0.44mg (22.09%), Vitamin C: 16.97mg (20.57%), Magnesium: 52.92mg (13.23%), Folate: 48.58µg (12.14%), Iron: 1.67mg (9.3%), Zinc: 1.13mg (7.53%), Vitamin A: 243.83IU (4.88%), Vitamin E: 0.61mg (4.1%), Manganese: 0.07mg (3.56%), Fiber: 0.89g (3.54%), Calcium: 31.48mg (3.15%)