



Grilled Lemon-Soy Salmon



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



271 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons cooking wine dry white
- ☐ 1 garlic clove minced
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 1.5 tablespoons soya sauce low-sodium
- ☐ 1.5 teaspoons olive oil
- ☐ 24 ounce salmon fillet ()
- ☐ 0.5 teaspoon salt

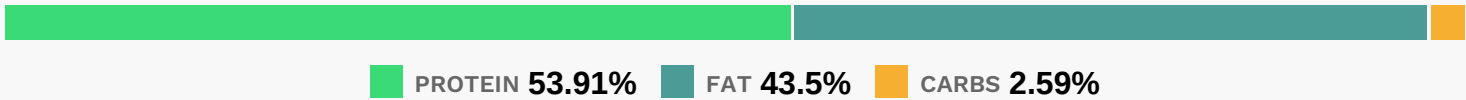
Equipment

- ☐ grill
- ☐ ziploc bags

Directions

- ☐ Combine the first 6 ingredients in a large zip-top plastic bag.
- ☐ Add salmon to bag; seal. Marinate in refrigerator 40 minutes, turning once.
- ☐ Prepare grill.
- ☐ Remove fish from bag, and reserve marinade.
- ☐ Place fish on grill rack coated with cooking spray, skin side down; grill 5 minutes.
- ☐ Brush fish with reserved marinade; discard remaining marinade. Lightly coat fish with cooking spray. Turn fish over; grill 3 minutes or until fish flakes easily when tested with a fork.
- ☐ Garnish with onions, if desired.

Nutrition Facts



Properties

Glycemic Index:11.25, Glycemic Load:0.11, Inflammation Score:-4, Nutrition Score:23.997391356074%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.67mg, Hesperetin: 1.67mg, Hesperetin: 1.67mg, Hesperetin: 1.67mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 271.04kcal (13.55%), Fat: 12.33g (18.97%), Saturated Fat: 1.88g (11.77%), Carbohydrates: 1.65g (0.55%), Net Carbohydrates: 1.56g (0.57%), Sugar: 0.43g (0.48%), Cholesterol: 93.55mg (31.18%), Sodium: 582.36mg (25.32%), Alcohol: 1.16g (100%), Alcohol %: 0.73% (100%), Protein: 34.39g (68.77%), Vitamin B12: 5.41µg (90.15%), Selenium: 62.25µg (88.92%), Vitamin B6: 1.42mg (71.05%), Vitamin B3: 13.47mg (67.33%), Vitamin B2: 0.67mg (39.12%), Phosphorus: 354.23mg (35.42%), Vitamin B5: 2.87mg (28.74%), Vitamin B1: 0.39mg (26.11%), Potassium: 877.25mg (25.06%), Copper: 0.43mg (21.65%), Magnesium: 55.46mg (13.87%), Folate: 47.55µg (11.89%), Iron: 1.5mg (8.36%), Zinc: 1.16mg (7.76%), Vitamin C: 4.59mg (5.56%), Manganese: 0.08mg (4.02%), Calcium: 25.45mg (2.55%), Vitamin

E: 0.26mg (1.72%), Vitamin A: 68.78IU (1.38%)