



Grilled Orange-and-Bourbon Salmon

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



351 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup bourbon
- 0.3 cup brown sugar packed
- 3 tablespoons chives fresh chopped
- 2 cloves garlic chopped
- 0.3 cup green onion chopped
- 2 tablespoons juice of lemon fresh
- 0.3 cup soya sauce low-sodium
- 0.3 cup orange juice fresh

24 ounce salmon fillet ()

Equipment

grill

broiler

ziploc bags

broiler pan

Directions

Combine first 8 ingredients in a large zip-top plastic bag, and add salmon to bag. Seal and marinate in refrigerator 1-1/2 hours, turning bag occasionally.

Prepare grill or broiler.

Remove salmon from bag, reserving marinade.

Place salmon on a grill rack or broiler pan coated with cooking spray. Cook 6 minutes on each side or until fish flakes easily when tested with a fork, basting frequently with reserved marinade.

Nutrition Facts



PROTEIN 45.82% FAT 31.59% CARBS 22.59%

Properties

Glycemic Index:43.5, Glycemic Load:1.08, Inflammation Score:-6, Nutrition Score:26.648695694364%

Flavonoids

Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg

Nutrients (% of daily need)

Calories: 351.06kcal (17.55%), Fat: 10.92g (16.8%), Saturated Fat: 1.69g (10.55%), Carbohydrates: 17.56g (5.85%), Net Carbohydrates: 17.15g (6.24%), Sugar: 15.11g (16.79%), Cholesterol: 93.55mg (31.18%), Sodium: 654.15mg

(28.44%), Alcohol: 5.01g (100%), Alcohol %: 2.56% (100%), Protein: 35.62g (71.25%), Vitamin B12: 5.41µg (90.15%), Selenium: 62.62µg (89.46%), Vitamin B6: 1.46mg (72.89%), Vitamin B3: 13.7mg (68.48%), Vitamin B2: 0.7mg (41.19%), Phosphorus: 376.95mg (37.69%), Vitamin B5: 2.96mg (29.6%), Potassium: 976.81mg (27.91%), Vitamin B1: 0.42mg (27.71%), Copper: 0.46mg (23.19%), Vitamin K: 17.77µg (16.92%), Magnesium: 66.29mg (16.57%), Vitamin C: 13.6mg (16.49%), Folate: 62.23µg (15.56%), Iron: 1.87mg (10.39%), Zinc: 1.29mg (8.6%), Manganese: 0.15mg (7.64%), Vitamin A: 259.88IU (5.2%), Calcium: 48.05mg (4.8%), Fiber: 0.42g (1.66%)