



## Grilled Pastrami-Style Salmon



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



265 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 1 tablespoon brown sugar dark
- ☐ 1 teaspoon garlic powder
- ☐ 0.3 teaspoon ground allspice
- ☐ 1 teaspoon ground coriander
- ☐ 1 teaspoon ground ginger
- ☐ 1 teaspoon coarsely ground pepper black
- ☐ 1 teaspoon kosher salt
- ☐ 0.5 teaspoon olive oil

☐ 1.5 pound center-cut salmon fillet

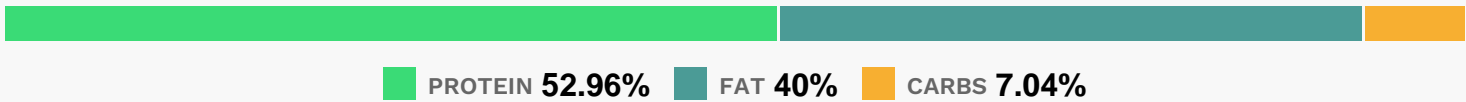
Equipment

- ☐ plastic wrap
- ☐ grill
- ☐ cutting board

Directions

- ☐ Prepare grill.
- ☐ Combine first 7 ingredients.
- ☐ Place salmon fillet, skin side down, on a cutting board or work surface; brush evenly with olive oil.
- ☐ Sprinkle spice mixture evenly over salmon; gently rub mixture into fish. Cover lightly with plastic wrap, and chill 15 minutes.
- ☐ Place fish, skin side down, on a grill rack coated with cooking spray; grill 10 minutes or until fish flakes easily when tested with a fork.

Nutrition Facts



Properties

Glycemic Index:13, Glycemic Load:0.1, Inflammation Score:-4, Nutrition Score:24.163043458177%

Nutrients (% of daily need)

Calories: 264.59kcal (13.23%), Fat: 11.43g (17.58%), Saturated Fat: 1.77g (11.05%), Carbohydrates: 4.53g (1.51%), Net Carbohydrates: 4.03g (1.47%), Sugar: 2.95g (3.28%), Cholesterol: 93.55mg (31.18%), Sodium: 658.02mg (28.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.04g (68.08%), Vitamin B12: 5.41µg (90.15%), Selenium: 62.74µg (89.63%), Vitamin B6: 1.41mg (70.49%), Vitamin B3: 13.45mg (67.23%), Vitamin B2: 0.65mg (38.28%), Phosphorus: 347.24mg (34.72%), Vitamin B5: 2.85mg (28.49%), Vitamin B1: 0.39mg (25.98%), Potassium: 867.42mg (24.78%), Copper: 0.45mg (22.29%), Manganese: 0.28mg (14.07%), Magnesium: 53.93mg (13.48%), Folate: 43.1µg (10.78%), Iron: 1.67mg (9.28%), Zinc: 1.16mg (7.75%), Calcium: 31.02mg (3.1%), Fiber: 0.5g (2%), Vitamin A: 71.6IU (1.43%), Vitamin K: 1.13µg (1.07%)