



 **69%**  
HEALTH SCORE

## Grilled Pesto Salmon

 **Gluten Free**  **Dairy Free**  **Very Healthy**  **Low Fod Map**

READY IN



**45 min.**

SERVINGS



**4**

CALORIES



**295 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 teaspoon pepper black freshly ground
- 3 tablespoons cooking wine dry white
- 3 tablespoons commercial pesto
- 24 ounce salmon fillet
- 0.3 teaspoon salt

### Equipment

- grill
- grill pan

## Directions

- Heat a large grill pan coated with cooking spray over medium heat.
- Sprinkle fillets evenly with salt and pepper. Set aside.
- Combine pesto and wine, stirring well.
- Place fillets on grill pan, and grill 6 minutes on each side or until fish flakes easily when tested with a fork.
- Serve fish with pesto sauce.
- carbo rating: 1

## Nutrition Facts

**PROTEIN 49.56%** **FAT 48.6%** **CARBS 1.84%**

## Properties

Glycemic Index:11.75, Glycemic Load:0.06, Inflammation Score:-5, Nutrition Score:23.489130792168%

## 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 Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg

## Nutrients (% of daily need)

Calories: 294.61kcal (14.73%), Fat: 14.95g (23%), Saturated Fat: 2.39g (14.94%), Carbohydrates: 1.27g (0.42%), Net Carbohydrates: 1.06g (0.39%), Sugar: 0.47g (0.52%), Cholesterol: 94.45mg (31.48%), Sodium: 325.96mg (14.17%), Alcohol: 1.16g (100%), Alcohol %: 0.76% (100%), Protein: 34.31g (68.62%), Vitamin B12: 5.41µg (90.15%), Selenium: 62.1µg (88.72%), Vitamin B6: 1.4mg (69.87%), Vitamin B3: 13.38mg (66.92%), Vitamin B2: 0.65mg (38.13%), Phosphorus: 342.42mg (34.24%), Vitamin B5: 2.84mg (28.37%), Vitamin B1: 0.39mg (25.67%), Potassium: 843.15mg (24.09%), Copper: 0.43mg (21.37%), Magnesium: 50.67mg (12.67%), Folate: 42.66µg (10.66%), Iron: 1.47mg (8.17%), Zinc: 1.1mg (7.36%), Vitamin A: 295.52IU (5.91%), Calcium: 40.18mg (4.02%), Manganese: 0.06mg (2.83%)