



## Grilled Pesto Salmon

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



361 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 2 Tbsp classico basil pesto sauce and spread traditional
- 4 oz philadelphia cream cheese cubed ()
- 1 Tbsp parsley fresh finely chopped
- 0.3 cup milk
- 2 Tbsp olive oil
- 1 lb salmon fillet skinless
- 0.3 tsp salt and pepper

## Equipment

sauce pan

grill

## Directions

Heat grill to medium heat.

Brush both sides of fish with oil; sprinkle with salt and pepper. Grill, skin sides down, 10 min. or until fish flakes easily with fork.

Meanwhile, cook and stir cream cheese and milk in small saucepan on medium heat 2 to 3 min. or until cream cheese is completely melted and sauce is well blended. Stir in pesto.

Serve fish topped with sauce and parsley.

## Nutrition Facts

**PROTEIN 28.14%** **FAT 68.57%** **CARBS 3.29%**

## Properties

Glycemic Index:24.25, Glycemic Load:0.7, Inflammation Score:-6, Nutrition Score:18.716521543005%

## Flavonoids

Apigenin: 2.05mg, Apigenin: 2.05mg, Apigenin: 2.05mg, Apigenin: 2.05mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg

## Nutrients (% of daily need)

Calories: 360.65kcal (18.03%), Fat: 27.21g (41.86%), Saturated Fat: 8.57g (53.56%), Carbohydrates: 2.94g (0.98%), Net Carbohydrates: 2.79g (1.01%), Sugar: 2.05g (2.28%), Cholesterol: 93.43mg (31.14%), Sodium: 360.85mg (15.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.13g (50.26%), Selenium: 44.12µg (63.03%), Vitamin B12: 3.75µg (62.51%), Vitamin B6: 0.95mg (47.68%), Vitamin B3: 8.97mg (44.84%), Vitamin B2: 0.52mg (30.48%), Phosphorus: 273.08mg (27.31%), Vitamin B5: 2.11mg (21.09%), Vitamin K: 20.44µg (19.46%), Vitamin B1: 0.27mg (18.14%), Potassium: 621.31mg (17.75%), Copper: 0.29mg (14.51%), Vitamin A: 682.03IU (13.64%), Magnesium: 37.75mg (9.44%), Vitamin E: 1.27mg (8.44%), Folate: 32.35µg (8.09%), Calcium: 73.41mg (7.34%), Zinc: 0.94mg (6.27%), Iron: 1.08mg (6.01%), Vitamin C: 1.26mg (1.53%), Manganese: 0.02mg (1.19%), Vitamin D: 0.17µg (1.12%)