



Grilled Salmon and Brown Butter Couscous

READY IN



40 min.

SERVINGS



4

CALORIES



506 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 tablespoons butter
- ☐ 1 cup couscous uncooked
- ☐ 2 tablespoons wine dry white
- ☐ 0.5 teaspoon fennel powder
- ☐ 0.5 teaspoon ground coriander
- ☐ 0.3 teaspoon kosher salt
- ☐ 1 tablespoon juice of lemon
- ☐ 1 tablespoon lemon zest grated

- ☐ 14.5 ounce beef broth fat-free canned
- ☐ 2 tablespoons pinenuts
- ☐ 24 ounce salmon fillet skinless
- ☐ 0.3 teaspoon sugar
- ☐ 0.5 teaspoon pepper white

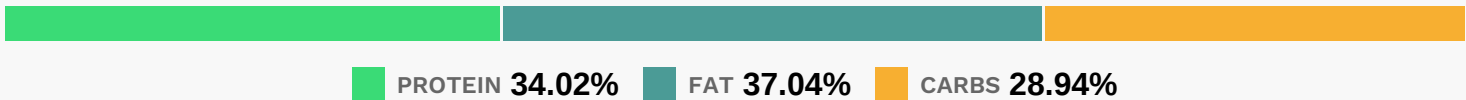
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ grill

Directions

- ☐ Preheat grill to medium-high heat.
- ☐ Heat butter in a small saucepan over medium heat; cook 3 minutes or until browned.
- ☐ Add nuts; cook 1 minute, stirring occasionally.
- ☐ Add couscous; cook 1 minute, stirring occasionally.
- ☐ Add wine and broth; bring to a boil. Cover, remove from heat, and let stand 5 minutes. Fluff with a fork; stir in rind, juice, 1/4 teaspoon salt, and black pepper.
- ☐ Combine white pepper and next 4 ingredients (through 1/4 teaspoon salt) in a small bowl. Coat salmon fillets with cooking spray.
- ☐ Sprinkle fillets with spice mixture.
- ☐ Place salmon on a grill rack coated with cooking spray. Grill over medium-high heat 4 minutes on each side or until desired degree of doneness.
- ☐ Serve with couscous.

Nutrition Facts



Properties

Glycemic Index:58.02, Glycemic Load:20.58, Inflammation Score:-5, Nutrition Score:31.533912938574%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.57mg, Hesperetin: 0.57mg, Hesperetin: 0.57mg, Hesperetin: 0.57mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 505.72kcal (25.29%), Fat: 20.26g (31.17%), Saturated Fat: 5.57g (34.81%), Carbohydrates: 35.61g (11.87%), Net Carbohydrates: 32.79g (11.92%), Sugar: 0.66g (0.74%), Cholesterol: 108.6mg (36.2%), Sodium: 458.87mg (19.95%), Alcohol: 0.77g (100%), Alcohol %: 0.29% (100%), Protein: 41.88g (83.75%), Manganese: 1.81mg (90.41%), Vitamin B12: 5.42µg (90.35%), Selenium: 62.29µg (88.99%), Vitamin B3: 15.14mg (75.71%), Vitamin B6: 1.45mg (72.63%), Phosphorus: 448.86mg (44.89%), Vitamin B2: 0.7mg (41.06%), Vitamin B5: 3.41mg (34.06%), Potassium: 1163.2mg (33.23%), Vitamin B1: 0.48mg (31.76%), Copper: 0.61mg (30.47%), Magnesium: 84.48mg (21.12%), Folate: 54.15µg (13.54%), Iron: 2.28mg (12.65%), Zinc: 1.82mg (12.11%), Fiber: 2.82g (11.28%), Vitamin A: 246.42IU (4.93%), Vitamin C: 3.58mg (4.34%), Vitamin E: 0.64mg (4.26%), Calcium: 42.25mg (4.23%), Vitamin K: 3.42µg (3.26%)