



 **79%**
HEALTH SCORE

Grilled Salmon and Rice Foil Packs

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

READY IN



29 min.

SERVINGS



4

CALORIES



528 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups rice instant uncooked
- 1.8 cups chicken broth (from 32-ounce carton)
- 1 cup carrots (from 10-ounce bag)
- 16 ounces salmon fillet
- 1 teaspoon lemon pepper
- 0.5 teaspoon salt
- 0.3 cup chives fresh chopped
- 1 medium optional: lemon

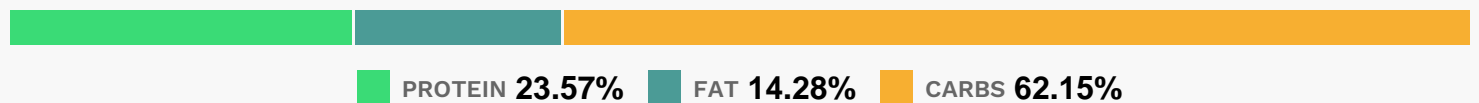
Equipment

- bowl
- grill
- aluminum foil

Directions

- Heat coals or gas grill for direct heat. Spray four 18x12-inch sheets of heavy-duty aluminum foil with cooking spray.
- Mix rice and broth in medium bowl.
- Let stand about 5 minutes or until most of broth is absorbed. Stir in carrots.
- Place salmon fillet on center of each foil piece.
- Sprinkle with lemon pepper seasoning salt and salt; top with chives. Arrange lemon slices over salmon. Spoon rice mixture around each fillet. Fold foil over salmon and rice so edges meet. Seal edges, making tight 1/2-inch fold; fold again. Allow space on sides for circulation and expansion.
- Cover and grill packets 4 to 6 inches from low heat 11 to 14 minutes or until salmon flakes easily with fork.
- Place packets on plates.
- Cut large X across top of each packet; fold back foil.

Nutrition Facts



Properties

Glycemic Index:52.63, Glycemic Load:46.07, Inflammation Score:-10, Nutrition Score:30.255652054496%

Flavonoids

Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg

Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 528.02kcal (26.4%), Fat: 8.21g (12.64%), Saturated Fat: 1.32g (8.28%), Carbohydrates: 80.45g (26.82%), Net Carbohydrates: 77.39g (28.14%), Sugar: 2.81g (3.12%), Cholesterol: 64.43mg (21.48%), Sodium: 749.46mg (32.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.51g (61.01%), Vitamin A: 5547.11IU (110.94%), Selenium: 55.96µg (79.95%), Vitamin B12: 3.63µg (60.44%), Manganese: 1.2mg (60.13%), Vitamin B6: 1.15mg (57.56%), Vitamin B3: 10.99mg (54.94%), Phosphorus: 355.53mg (35.55%), Vitamin B2: 0.57mg (33.27%), Vitamin B5: 2.99mg (29.91%), Copper: 0.54mg (26.95%), Vitamin B1: 0.38mg (25.18%), Potassium: 836.76mg (23.91%), Vitamin C: 18.13mg (21.98%), Magnesium: 65.3mg (16.33%), Zinc: 1.92mg (12.83%), Fiber: 3.06g (12.26%), Folate: 48.38µg (12.1%), Vitamin K: 12.23µg (11.65%), Iron: 2.08mg (11.56%), Calcium: 66.66mg (6.67%), Vitamin E: 0.41mg (2.71%)