



Grilled Salmon Fillet with Honey-Mustard Sauce



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



526 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons canola oil
- ☐ 0.3 cup dijon mustard
- ☐ 2 tablespoons mint leaves fresh finely chopped
- ☐ 3 tablespoons honey
- ☐ 2 tablespoons horseradish prepared drained
- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 2 tablespoons olive oil extra-virgin

- ☐ 1 small onion red halved thinly sliced
- ☐ 2 pound fillet salmon
- ☐ 2 tablespoons aged sherry vinegar
- ☐ 1 bunch watercress coarsely chopped
- ☐ 2 tablespoons whole-grain mustard

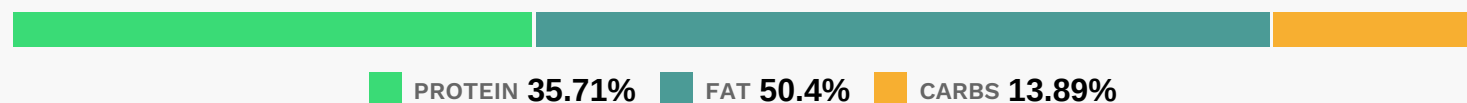
Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill

Directions

- ☐ Watch how to make this recipe.
- ☐ Whisk together the mustards, honey, horseradish, mint and 1/4 teaspoon of salt and 1/4 teaspoon of pepper in a small bowl.
- ☐ Let sit for at least 15 minutes before using. Can be made 1 day in advance and refrigerated but do not add the mint until just before using. Bring to room temperature before using.
- ☐ Heat the grill to high.
- ☐ Brush the salmon with the oil and season with salt and pepper.
- ☐ Place the salmon on the grill, skin side down, and grill until golden brown and slightly charred, about 3 minutes.
- ☐ While the salmon is cooking, place the watercress and onion in a medium bowl, add the vinegar and oil and salt and pepper and toss to combine.
- ☐ Transfer the salad to a platter, top with the salmon fillet and drizzle each fillet with the mustard sauce.

Nutrition Facts



Properties

Glycemic Index:60.57, Glycemic Load:7.65, Inflammation Score:-7, Nutrition Score:34.10913061059%

Flavonoids

Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 1.62mg, Kaempferol: 1.62mg, Kaempferol: 1.62mg, Kaempferol: 1.62mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 7.46mg, Quercetin: 7.46mg, Quercetin: 7.46mg, Quercetin: 7.46mg

Nutrients (% of daily need)

Calories: 526.47kcal (26.32%), Fat: 29.27g (45.03%), Saturated Fat: 3.79g (23.7%), Carbohydrates: 18.15g (6.05%), Net Carbohydrates: 16.16g (5.88%), Sugar: 15.04g (16.71%), Cholesterol: 124.74mg (41.58%), Sodium: 390.81mg (16.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 46.67g (93.33%), Selenium: 91.16µg (130.22%), Vitamin B12: 7.21µg (120.2%), Vitamin B6: 1.92mg (96.25%), Vitamin B3: 18.09mg (90.46%), Vitamin B2: 0.91mg (53.33%), Phosphorus: 495.76mg (49.58%), Vitamin B5: 3.92mg (39.24%), Vitamin B1: 0.58mg (38.48%), Potassium: 1251.86mg (35.77%), Copper: 0.62mg (31%), Vitamin K: 25.55µg (24.33%), Magnesium: 85.71mg (21.43%), Folate: 71.56µg (17.89%), Vitamin E: 2.38mg (15.89%), Iron: 2.56mg (14.21%), Manganese: 0.25mg (12.54%), Zinc: 1.78mg (11.87%), Vitamin C: 7.59mg (9.2%), Vitamin A: 413.98IU (8.28%), Fiber: 1.99g (7.98%), Calcium: 67.75mg (6.78%)