



Grilled Salmon Fillets with Creamy Horseradish Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



427 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons basil fresh chopped
- ☐ 1 small garlic clove minced
- ☐ 0.3 teaspoon coarsely ground pepper black
- ☐ 1 tablespoon horseradish white prepared
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.3 cup mayonnaise
- ☐ 6 fillet salmon 1-inch-thick

- ☐ 0.5 teaspoon salt
- ☐ 0.8 cup cup heavy whipping cream sour
- ☐ 1 tablespoon soya sauce
- ☐ 3 tablespoons vegetable oil

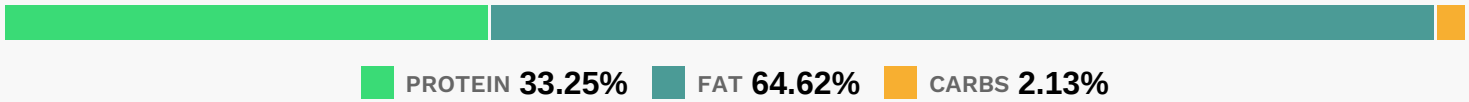
Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill

Directions

- ☐ Mix all ingredients in small bowl. Season with salt and pepper. (Can be made 1 day ahead. Cover and chill.)
- ☐ Spray grill rack generously with nonstick spray. Prepare barbecue (medium-high heat).
- ☐ Whisk oil, horseradish, soy sauce, garlic, salt, and pepper in another small bowl.
- ☐ Brush oil mixture over both sides of salmon fillets. Grill salmon just until opaque in center, about 4 minutes per side.
- ☐ Transfer salmon to plates.
- ☐ Serve with sauce.

Nutrition Facts



Properties

Glycemic Index:38.67, Glycemic Load:0.18, Inflammation Score:-5, Nutrition Score:26.06869591805%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 426.56kcal (21.33%), Fat: 30.17g (46.42%), Saturated Fat: 6.71g (41.91%), Carbohydrates: 2.24g (0.75%),
Net Carbohydrates: 2.09g (0.76%), Sugar: 1.35g (1.51%), Cholesterol: 114.38mg (38.13%), Sodium: 515mg (22.39%),
Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.93g (69.87%), Vitamin B12: 5.48µg (91.29%), Selenium:
63.5µg (90.72%), Vitamin B6: 1.42mg (70.98%), Vitamin B3: 13.53mg (67.65%), Vitamin B2: 0.7mg (41.34%),
Phosphorus: 369.95mg (37%), Vitamin B5: 2.96mg (29.64%), Vitamin K: 31.09µg (29.61%), Vitamin B1: 0.39mg
(26.32%), Potassium: 891.01mg (25.46%), Copper: 0.44mg (22.16%), Magnesium: 54.99mg (13.75%), Folate: 47.64µg
(11.91%), Iron: 1.52mg (8.47%), Zinc: 1.24mg (8.3%), Vitamin E: 0.98mg (6.55%), Vitamin A: 289.05IU (5.78%),
Calcium: 54.91mg (5.49%), Manganese: 0.08mg (3.83%), Vitamin C: 2.12mg (2.58%)