



Grilled Salmon Skewers

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



95 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 tablespoon cider vinegar
- 1 teaspoon ginger fresh minced peeled
- 1 clove garlic minced
- 0.3 cup honey
- 10 servings lemon wedges
- 0.1 teaspoon pepper
- 1 pound salmon fillet boneless skinless
- 0.3 cup soya sauce

10 wooden skewers

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Equipment

sauce pan

whisk

grill

skewers

Directions

Slice salmon lengthwise into 10 to 12 narrow strips. Thread each strip onto a skewer; place skewers in a shallow dish.

Whisk together soy sauce, honey, vinegar and spices.

Pour over skewers, turning to coat.

Let stand at room temperature for 30 minutes.

Drain marinade into a small saucepan; simmer over medium-low heat for several minutes.

Grill skewers over medium-high heat on a lightly oiled grill, brushing often with marinade, for 4 minutes on each side. Squeeze lemon wedges over salmon; serve warm.

Nutrition Facts



Properties

Glycemic Index:21.98, Glycemic Load:3.74, Inflammation Score:-1, Nutrition Score:6.6599999716424%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg 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: 94.9kcal (4.75%), Fat: 2.89g (4.44%), Saturated Fat: 0.45g (2.79%), Carbohydrates: 7.55g (2.52%), Net Carbohydrates: 7.44g (2.71%), Sugar: 7.09g (7.88%), Cholesterol: 24.95mg (8.32%), Sodium: 344.42mg (14.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.67g (19.34%), Vitamin B12: 1.44µg (24.04%), Selenium: 16.73µg (23.9%), Vitamin B6: 0.39mg (19.48%), Vitamin B3: 3.81mg (19.05%), Vitamin B2: 0.19mg (10.88%), Phosphorus: 99.39mg (9.94%), Vitamin B5: 0.79mg (7.87%), Vitamin B1: 0.11mg (7.13%), Potassium: 242.74mg (6.94%), Copper: 0.13mg (6.32%), Magnesium: 15.94mg (3.99%), Folate: 12.7µg (3.17%), Iron: 0.55mg (3.07%), Manganese: 0.05mg (2.64%), Zinc: 0.34mg (2.26%)