



HEALTH SCORE

100%

Grilled Salmon Steaks Italian-Style



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



13 min.

SERVINGS



2

CALORIES



251 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon rosemary dried crushed
- ☐ 1 teaspoon thyme leaves dried crumbled
- ☐ 1 tablespoon penzey's southwest seasoning dried italian
- ☐ 1 tablespoon juice of lime fresh
- ☐ 2 salmon steaks
- ☐ 2 servings salt and pepper to taste

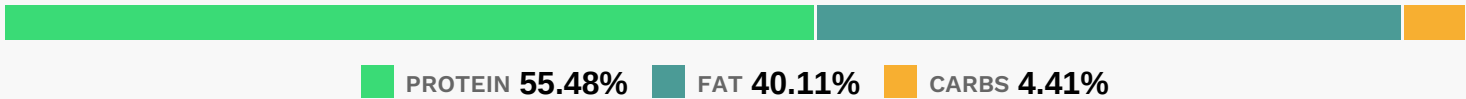
Equipment

- ☐ grill

Directions

- ☐ Preheat an outdoor grill for medium heat and lightly oil grate.
- ☐ Season one side of each steak with the Italian seasoning, thyme, rosemary, salt, and pepper.
- ☐ Lay the steaks with the seasoned-side down on the prepared grill. Cook on grill until the flesh flakes, turning once, 7 to 8 minutes.
- ☐ Sprinkle each steak with lime juice to serve.

Nutrition Facts



Properties

Glycemic Index:37.5, Glycemic Load:0.04, Inflammation Score:-7, Nutrition Score:26.050434879635%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 251.45kcal (12.57%), Fat: 10.94g (16.82%), Saturated Fat: 1.72g (10.78%), Carbohydrates: 2.71g (0.9%), Net Carbohydrates: 1.41g (0.51%), Sugar: 0.24g (0.26%), Cholesterol: 93.5mg (31.17%), Sodium: 269.67mg (11.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.03g (68.06%), Vitamin B12: 5.41µg (90.1%), Selenium: 62.2µg (88.85%), Vitamin B6: 1.42mg (71.16%), Vitamin B3: 13.51mg (67.57%), Vitamin B2: 0.66mg (38.97%), Phosphorus: 345.79mg (34.58%), Vitamin B5: 2.86mg (28.61%), Vitamin B1: 0.39mg (26.22%), Potassium: 877.86mg (25.08%), Vitamin K: 24.16µg (23.01%), Copper: 0.45mg (22.38%), Iron: 2.92mg (16.23%), Magnesium: 57.87mg (14.47%), Folate: 50.7µg (12.67%), Manganese: 0.19mg (9.7%), Zinc: 1.19mg (7.96%), Calcium: 71.58mg (7.16%), Fiber: 1.3g (5.2%), Vitamin E: 0.51mg (3.4%), Vitamin C: 2.59mg (3.14%), Vitamin A: 134.84IU (2.7%)