



Grilled Salmon with Basil and Mint



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



89 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup basil fresh loosely packed thinly sliced
- ☐ 0.8 cup mint leaves fresh loosely packed thinly sliced
- ☐ 6 slices optional: lemon (1/4-inch-thick)
- ☐ 6 slices lime (1/4-inch-thick)
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 6 servings sea salt to taste fine

Equipment

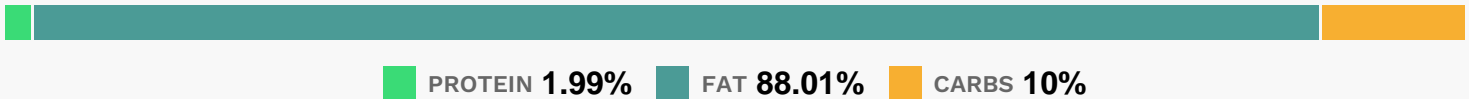
- ☐ frying pan

- ☐ grill
- ☐ aluminum foil
- ☐ grill pan

Directions

- ☐ Prepare grill for cooking. If using a charcoal grill, open vents on bottom of grill, then light charcoal. Charcoal fire is medium-hot when you can hold your hand 5 inches above rack for 3 to 4 seconds. If using a gas grill, preheat burners on high, covered, 10 minutes.
- ☐ Brush both sides of citrus slices with 1/2 tablespoon oil, then brush fish all over with 1 tablespoon oil and season with sea salt and pepper.
- ☐ Grill citrus slices, covered only if using a gas grill, on lightly oiled grill rack, turning over once, until grill marks appear, 2 to 3 minutes total.
- ☐ Transfer citrus slices to a plate, then, if using a gas grill, reduce heat to moderate. Grill fish, skin sides down, covered only if using a gas grill, until skin is crisp, 3 to 4 minutes. Turn each piece of fish onto 1 side and grill 1 minute. Turn over onto opposite side and grill until fish is just cooked through, 2 to 3 minutes more.
- ☐ Transfer fish to a platter and keep warm, covered loosely with foil.
- ☐ Heat basil and mint in remaining 1/4 cup oil in a heavy skillet over moderate heat, stirring, until herbs are just wilted, about 1 minute.
- ☐ Serve fish with herbed oil and top with citrus slices.
- ☐ If you aren't able to grill outdoors, fish and citrus can be cooked in a ridged grill pan. Cook citrus over high heat, then reduce heat to moderately high and cook fish, skin sides down first, turning once, 7 to 8 minutes total.

Nutrition Facts



Properties

Glycemic Index:21.25, Glycemic Load:0.32, Inflammation Score:-4, Nutrition Score:3.4160869785625%

Flavonoids

Eriodictyol: 3.23mg, Eriodictyol: 3.23mg, Eriodictyol: 3.23mg, Eriodictyol: 3.23mg Hesperetin: 5.53mg, Hesperetin: 5.53mg, Hesperetin: 5.53mg, Hesperetin: 5.53mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg

Naringenin: 0.28mg Apigenin: 0.31mg, Apigenin: 0.31mg, Apigenin: 0.31mg, Apigenin: 0.31mg Luteolin: 0.86mg, Luteolin: 0.86mg, Luteolin: 0.86mg, Luteolin: 0.86mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 88.55kcal (4.43%), Fat: 9.11g (14.02%), Saturated Fat: 1.26g (7.89%), Carbohydrates: 2.33g (0.78%), Net Carbohydrates: 1.42g (0.52%), Sugar: 0.31g (0.34%), Cholesterol: 0mg (0%), Sodium: 196.15mg (8.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.46g (0.93%), Vitamin K: 22.06µg (21.01%), Vitamin C: 8.26mg (10.01%), Vitamin A: 454.99IU (9.1%), Vitamin E: 1.35mg (9.03%), Manganese: 0.12mg (5.76%), Fiber: 0.91g (3.62%), Iron: 0.55mg (3.05%), Folate: 10.46µg (2.62%), Calcium: 25.09mg (2.51%), Copper: 0.04mg (2.06%), Magnesium: 8.05mg (2.01%), Potassium: 60.74mg (1.74%), Vitamin B2: 0.02mg (1.22%), Vitamin B6: 0.02mg (1.1%)