



Grilled Salmon with Cilantro Sauce



Gluten Free



Low Fod Map

READY IN



30 min.

SERVINGS



8

CALORIES



300 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup butter
- ☐ 1 cup cilantro leaves chopped
- ☐ 1 jalapeno fresh seeded chopped
- ☐ 8 servings old bay seasoning tm to taste
- ☐ 3 pounds salmon

Equipment

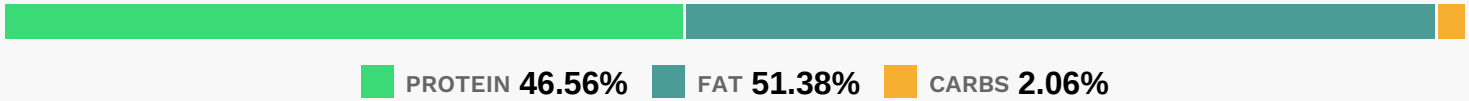
- ☐ sauce pan
- ☐ grill

☐ aluminum foil

Directions

- ☐ Preheat grill for high heat.
- ☐ Lightly grease one side of a large sheet of aluminum foil.
- ☐ Place salmon on the greased side of foil. Melt the butter in a saucepan over medium heat.
- ☐ Remove from heat, and mix in cilantro and jalapeno. When cilantro is wilted, drizzle butter mixture over the salmon.
- ☐ Place foil with salmon on the grill. Season with Old Bay. Cook 15 minutes, or until fish is easily flaked with a fork.

Nutrition Facts



Properties

Glycemic Index:14.25, Glycemic Load:0.03, Inflammation Score:-5, Nutrition Score:25.616956311723%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg

Nutrients (% of daily need)

Calories: 299.51kcal (14.98%), Fat: 16.7g (25.7%), Saturated Fat: 5.38g (33.64%), Carbohydrates: 1.5g (0.5%), Net Carbohydrates: 1.17g (0.43%), Sugar: 0.16g (0.17%), Cholesterol: 108.81mg (36.27%), Sodium: 121.97mg (5.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.06g (68.12%), Vitamin B12: 5.42µg (90.35%), Selenium: 62.33µg (89.04%), Vitamin B6: 1.43mg (71.42%), Vitamin B3: 13.48mg (67.38%), Vitamin B2: 0.66mg (38.65%), Phosphorus: 346.73mg (34.67%), Vitamin B5: 2.86mg (28.55%), Vitamin B1: 0.39mg (26.14%), Potassium: 863.62mg (24.67%), Copper: 0.45mg (22.37%), Vitamin K: 23.13µg (22.03%), Magnesium: 54.73mg (13.68%), Folate: 47.21µg (11.8%), Iron: 2.11mg (11.71%), Vitamin A: 451.78IU (9.04%), Manganese: 0.17mg (8.73%), Zinc: 1.17mg (7.8%), Calcium: 43.58mg (4.36%), Vitamin C: 2.86mg (3.46%), Vitamin E: 0.3mg (2.02%), Fiber: 0.33g (1.32%)