



Grilled Salmon with Citrus Butter



Gluten Free



Low Fod Map

READY IN



50 min.

SERVINGS



4

CALORIES



569 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 2 teaspoons lemon zest
- ☐ 2 teaspoons lime zest
- ☐ 4 servings oil for greasing grill
- ☐ 24 ounce fillets center-cut salmon skinless
- ☐ 1 stick butter unsalted at room temperature

Equipment

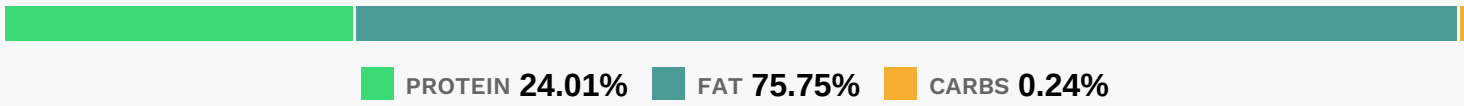
- ☐ bowl

- ☐ mixing bowl
- ☐ plastic wrap
- ☐ grill
- ☐ kitchen towels

Directions

- ☐ Add the softened butter to a mixing bowl and stir until smooth.
- ☐ Add the lemon and lime zest and sprinkle with salt and pepper. Blend all the ingredients until smooth and completely mixed.
- ☐ Place a sheet of plastic wrap out on your workspace.
- ☐ Spread the butter across the plastic wrap and roll into a log, twisting the ends to seal.
- ☐ Place in the refrigerator for 30 minutes to chill. This will give you a nice clean round of butter to top the fish with. Alternatively, you can leave the butter in a small bowl and dollop the butter on top of the fish once it's grilled.
- ☐ Preheat your grill to medium-high heat.
- ☐ Sprinkle the salmon on both sides with salt and pepper. Oil the grill grates with a clean tea towel. Grill the salmon for 4 minutes, and then flip and cook the second side for another 4 to 5 minutes.
- ☐ Transfer to a platter. Top each fillet with a slice of the citrus butter while the fish is still hot so it melts right over the top.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:0.04, Inflammation Score:-6, Nutrition Score:25.530000323835%

Flavonoids

Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg

Nutrients (% of daily need)

Calories: 568.87kcal (28.44%), Fat: 47.71g (73.39%), Saturated Fat: 17.21g (107.58%), Carbohydrates: 0.35g (0.12%), Net Carbohydrates: 0.19g (0.07%), Sugar: 0.08g (0.08%), Cholesterol: 154.29mg (51.43%), Sodium: 78.05mg (3.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.02g (68.04%), Vitamin B12: 5.46µg (90.95%), Selenium: 62.38µg (89.12%), Vitamin B6: 1.39mg (69.73%), Vitamin B3: 13.39mg (66.94%), Vitamin B2: 0.66mg (38.66%), Phosphorus: 347.43mg (34.74%), Vitamin B5: 2.87mg (28.68%), Vitamin B1: 0.39mg (25.79%), Potassium: 844.21mg (24.12%), Copper: 0.43mg (21.63%), Vitamin E: 3.11mg (20.74%), Vitamin A: 775.55IU (15.51%), Magnesium: 50.27mg (12.57%), Vitamin K: 12.13µg (11.55%), Folate: 43.6µg (10.9%), Iron: 1.39mg (7.72%), Zinc: 1.12mg (7.46%), Calcium: 29.3mg (2.93%), Vitamin D: 0.42µg (2.83%), Manganese: 0.04mg (2.06%), Vitamin C: 1.58mg (1.92%)