

Grilled Salmon with Dill Butter

 **Gluten Free**  **Low Fod Map**

READY IN



25 min.

SERVINGS



4

CALORIES



413 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 24 ounce salmon
- 4 servings salt
- 2 tablespoons olive oil extra virgin plus more to wipe down the grill
- 0.3 cup butter unsalted at room temperature
- 2 teaspoons optional: dill fresh chopped
- 1 optional: lemon thinly sliced for garnish

Equipment

- bowl

- paper towels
- grill
- spatula
- tongs

Directions

- Salt the salmon:
- Remove the salmon from the refrigerator and sprinkle a little salt over it.
- Let it sit at room temperature while you preheat your grill for high, direct heat.
- Mix dill with butter: While the grill is heating, mix the fresh dill with the butter in a small bowl.
- Grill the salmon: When the grill is hot, scrape down the grates with a grill brush.
- Pour a little olive oil onto a paper towel, and use tongs to wipe down the grill grates.
- Coat the salmon in the remaining 2 tablespoons of oil and place, skin side up, onto the grill grates. Grill over high heat for 2–4 minutes (depending on how thick your salmon pieces are) undisturbed.
- Carefully turn the salmon with a spatula. If using a gas grill, reduce the heat to medium. If using a charcoal grill, move the salmon to the cooler side of the grill.
- Cover and grill it for another 3–5 minutes, depending on how well done you prefer your salmon. The salmon should be just cooked through when done.
- Serve: To serve, place a few thin slices of lemon on each plate.
- Remove the salmon pieces from the grill (it's okay if the skin sticks to the grill grates) and place on the lemon slices. Top each piece of salmon with about a tablespoon of the dill butter and serve at once.

Nutrition Facts

 **PROTEIN 33.24%**  **FAT 64.3%**  **CARBS 2.46%**

Properties

Glycemic Index:10.13, Glycemic Load:0.45, Inflammation Score:-6, Nutrition Score:25.357391357422%

Flavonoids

Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 412.99kcal (20.65%), Fat: 29.37g (45.19%), Saturated Fat: 9.93g (62.08%), Carbohydrates: 2.53g (0.84%), Net Carbohydrates: 1.77g (0.64%), Sugar: 0.68g (0.76%), Cholesterol: 124.06mg (41.35%), Sodium: 270.9mg (11.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.17g (68.33%), Vitamin B12: 5.43µg (90.55%), Selenium: 62.34µg (89.05%), Vitamin B6: 1.41mg (70.68%), Vitamin B3: 13.4mg (67.02%), Vitamin B2: 0.66mg (38.63%), Phosphorus: 347.95mg (34.8%), Vitamin B5: 2.9mg (28.98%), Vitamin B1: 0.4mg (26.4%), Potassium: 874.62mg (24.99%), Copper: 0.44mg (21.89%), Vitamin C: 14.35mg (17.4%), Magnesium: 51.8mg (12.95%), Folate: 45.99µg (11.5%), Vitamin E: 1.38mg (9.18%), Iron: 1.57mg (8.72%), Vitamin A: 432.38IU (8.65%), Zinc: 1.12mg (7.46%), Vitamin K: 5.21µg (4.96%), Calcium: 31.13mg (3.11%), Fiber: 0.76g (3.03%), Manganese: 0.04mg (1.85%), Vitamin D: 0.21µg (1.42%)