



## Grilled Salmon with Dill Sauce



Gluten Free



Dairy Free



Low Fod Map

READY IN



20 min.

SERVINGS



2

CALORIES



380 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 3 pinches brown sugar to taste
- ☐ 2 teaspoons dijon mustard
- ☐ 1 tablespoon optional: dill fresh chopped to taste
- ☐ 0.3 cup mayonnaise
- ☐ 0.5 pound salmon fillet
- ☐ 1 teaspoon vegetable oil

## Equipment

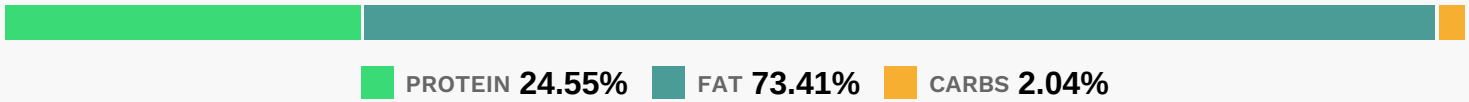
- ☐ bowl

☐ grill

## Directions

- ☐ Preheat grill for medium heat and lightly oil the grate.
- ☐ Mix mayonnaise, dill, mustard, and brown sugar in a bowl.
- ☐ Spread vegetable oil over salmon skin.
- ☐ Grill salmon skin-side down on preheated grill.
- ☐ Spread mayonnaise mixture over top of salmon and cook until salmon is easily flaked with a fork, 6 to 12 minutes.

## Nutrition Facts



## Properties

Glycemic Index:48.5, Glycemic Load:0.1, Inflammation Score:-3, Nutrition Score:18.391304259067%

## Flavonoids

Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

## Nutrients (% of daily need)

Calories: 380.15kcal (19.01%), Fat: 30.55g (47.01%), Saturated Fat: 4.74g (29.65%), Carbohydrates: 1.91g (0.64%), Net Carbohydrates: 1.69g (0.61%), Sugar: 1.69g (1.87%), Cholesterol: 74.13mg (24.71%), Sodium: 283.24mg (12.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.99g (45.98%), Selenium: 43.75µg (62.5%), Vitamin B12: 3.64µg (60.66%), Vitamin K: 49.85µg (47.48%), Vitamin B6: 0.93mg (46.71%), Vitamin B3: 8.95mg (44.73%), Vitamin B2: 0.44mg (25.89%), Phosphorus: 238.27mg (23.83%), Vitamin B5: 1.95mg (19.53%), Vitamin B1: 0.27mg (17.91%), Potassium: 572.22mg (16.35%), Copper: 0.29mg (14.68%), Magnesium: 35.81mg (8.95%), Folate: 30.41µg (7.6%), Vitamin E: 1.12mg (7.47%), Iron: 1.07mg (5.94%), Zinc: 0.8mg (5.35%), Manganese: 0.04mg (2.22%), Calcium: 20.66mg (2.07%), Vitamin A: 82.55IU (1.65%)