



HEALTH SCORE

80%

Grilled Salmon with Garlic, Lemon, and Basil



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



277 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 tablespoon olive oil extravirgin
- ☐ 2 tablespoons basil fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 0.5 teaspoon kosher salt
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.5 teaspoon lemon rind grated
- ☐ 24 ounce salmon fillet

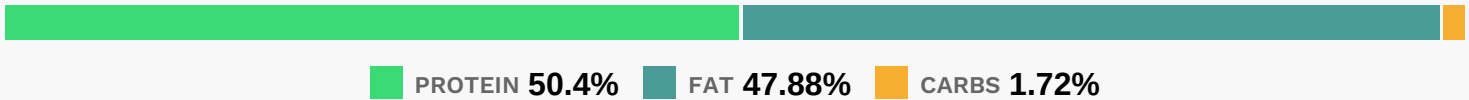
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ grill
- ☐ grill pan

Directions

- ☐ To prepare sauce, combine first 5 ingredients in a small bowl; set aside.
- ☐ To prepare fish, heat a nonstick grill pan over medium-high heat. Coat pan with cooking spray.
- ☐ Sprinkle fish evenly with salt and pepper; add fish to pan. Cover and grill 4 minutes on each side or until fish flakes easily when tested with a fork or until desired degree of doneness.
- ☐ Serve with sauce.

Nutrition Facts



Properties

Glycemic Index:33, Glycemic Load:0.16, Inflammation Score:-4, Nutrition Score:24.083043450895%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 277.02kcal (13.85%), Fat: 14.32g (22.03%), Saturated Fat: 2.16g (13.49%), Carbohydrates: 1.16g (0.39%), Net Carbohydrates: 1.03g (0.38%), Sugar: 0.22g (0.24%), Cholesterol: 93.55mg (31.18%), Sodium: 366.01mg (15.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.92g (67.83%), Vitamin B12: 5.41µg (90.15%), Selenium: 62.32µg (89.03%), Vitamin B6: 1.42mg (70.79%), Vitamin B3: 13.4mg (66.99%), Vitamin B2: 0.65mg (38.25%), Phosphorus: 343.88mg (34.39%), Vitamin B5: 2.85mg (28.54%), Vitamin B1: 0.39mg (25.99%), Potassium: 852.32mg (24.35%), Copper: 0.44mg (21.84%), Magnesium: 51.05mg (12.76%), Folate: 44.8µg (11.2%), Iron: 1.46mg (8.11%), Zinc: 1.12mg (7.47%), Vitamin K: 6.49µg (6.18%), Vitamin C: 3.87mg (4.69%), Manganese:

0.08mg (4.07%), Vitamin E: 0.53mg (3.51%), Calcium: 26.45mg (2.65%), Vitamin A: 122.18IU (2.44%)