



## Grilled Salmon with Herb Sauce

 Gluten Free

READY IN



20 min.

SERVINGS



2

CALORIES



292 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 cup knudsen cream sour
- 3 Tbsp cilantro leaves fresh finely chopped
- 1 small clove garlic minced
- 0.5 lb skin-on salmon fillets
- 2 Tbsp greek vinaigrette dressing divided kraft

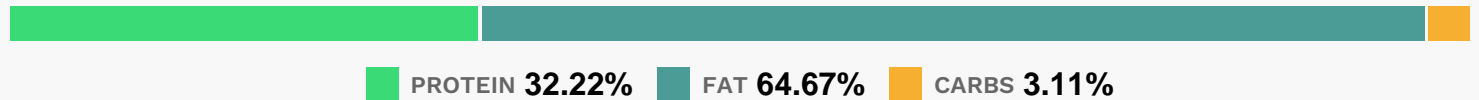
### Equipment

- grill

## Directions

- Heat grill to medium heat.
- Place 1 Tbsp. dressing in shallow plate.
- Place fish, skin side up, in dressing to coat.
- Meanwhile, mix remaining dressing and all remaining ingredients until blended; refrigerate until ready to serve.
- Place fish, skin side down, on grill. Cover grill. Grill 10 min. or until fish flakes easily with fork.
- Serve topped with sour cream mixture.

## Nutrition Facts



## Properties

Glycemic Index:31, Glycemic Load:0.14, Inflammation Score:-4, Nutrition Score:17.498695697473%

## Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

## Nutrients (% of daily need)

Calories: 292.16kcal (14.61%), Fat: 20.79g (31.99%), Saturated Fat: 5.47g (34.21%), Carbohydrates: 2.25g (0.75%), Net Carbohydrates: 2.2g (0.8%), Sugar: 1.4g (1.56%), Cholesterol: 79.33mg (26.44%), Sodium: 59.5mg (2.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.31g (46.62%), Selenium: 42.93µg (61.33%), Vitamin B12: 3.67µg (61.11%), Vitamin B6: 0.96mg (47.94%), Vitamin B3: 8.96mg (44.78%), Vitamin B2: 0.48mg (28.34%), Phosphorus: 251.23mg (25.12%), Vitamin B5: 2mg (19.96%), Vitamin B1: 0.27mg (17.7%), Vitamin K: 18.12µg (17.26%), Potassium: 602.01mg (17.2%), Copper: 0.29mg (14.73%), Magnesium: 36.29mg (9.07%), Folate: 30.49µg (7.62%), Vitamin E: 0.86mg (5.75%), Zinc: 0.84mg (5.61%), Iron: 0.96mg (5.35%), Vitamin A: 265.09IU (5.3%), Calcium: 45.76mg (4.58%), Manganese: 0.05mg (2.45%), Vitamin C: 0.89mg (1.08%)