



Grilled Salmon with Honey-Soy Marinade

 Gluten Free

READY IN



55 min.

SERVINGS



8

CALORIES



204 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon brown sugar packed
- 1 tablespoon butter melted
- 1 tablespoon vegetable oil
- 1 tablespoon honey
- 1 tablespoon soya sauce
- 1 clove garlic finely chopped
- 2 lb salmon fillet cut into 8 pieces

Equipment

bowl

grill

Directions

In small bowl, mix all ingredients except salmon.

In shallow glass or plastic dish, place salmon.

Pour marinade over salmon. Cover and refrigerate at least 30 minutes but no longer than 1 hour.

Heat coals or gas grill.

Remove salmon from marinade; reserve marinade.

Place salmon, skin side down, on grill. Cover and grill over medium heat 10 to 20 minutes, brushing 2 or 3 times with marinade, until salmon flakes easily with fork. Discard any remaining marinade.

Nutrition Facts

PROTEIN 45.68% **FAT 46.53%** **CARBS 7.79%**

Properties

Glycemic Index:18.41, Glycemic Load:1.18, Inflammation Score:-3, Nutrition Score:15.793478422515%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 204.19kcal (10.21%), Fat: 10.31g (15.87%), Saturated Fat: 2.27g (14.2%), Carbohydrates: 3.88g (1.29%), Net Carbohydrates: 3.85g (1.4%), Sugar: 3.65g (4.06%), Cholesterol: 66.13mg (22.04%), Sodium: 187.42mg (8.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.78g (45.57%), Vitamin B12: 3.61µg (60.15%), Selenium: 41.52µg (59.31%), Vitamin B6: 0.94mg (46.9%), Vitamin B3: 9.01mg (45.05%), Vitamin B2: 0.44mg (25.67%), Phosphorus: 230.88mg (23.09%), Vitamin B5: 1.9mg (19.03%), Vitamin B1: 0.26mg (17.23%), Potassium: 565.7mg (16.16%), Copper: 0.29mg (14.47%), Magnesium: 34.1mg (8.53%), Folate: 28.89µg (7.22%), Iron: 0.99mg (5.5%), Zinc: 0.75mg (4.98%), Vitamin K: 3.26µg (3.1%), Manganese: 0.04mg (1.94%), Vitamin A: 89.13IU (1.78%), Calcium: 16.56mg (1.66%), Vitamin E: 0.18mg (1.2%)