



Grilled Salmon with Honey-Soy Marinade



Gluten Free



Dairy 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 clove garlic finely chopped
- ☐ 1 tablespoon honey
- ☐ 2 lb salmon fillet cut into 8 pieces
- ☐ 1 tablespoon soya sauce
- ☐ 1 tablespoon vegetable oil

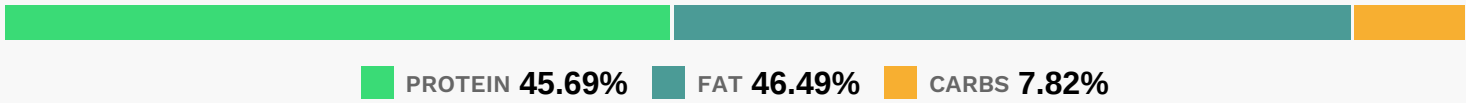
Equipment

- ☐ 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



Properties

Glycemic Index:12.16, Glycemic Load:1.18, Inflammation Score:-3, Nutrition Score:15.807826162356%

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: 204.22kcal (10.21%), Fat: 10.3g (15.85%), Saturated Fat: 1.66g (10.4%), Carbohydrates: 3.9g (1.3%), Net Carbohydrates: 3.87g (1.41%), Sugar: 3.65g (4.06%), Cholesterol: 62.37mg (20.79%), Sodium: 192.67mg (8.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.78g (45.57%), Vitamin B12: 3.61µg (60.13%), Selenium: 41.5µg (59.29%), Vitamin B6: 0.94mg (46.91%), Vitamin B3: 9.01mg (45.05%), Vitamin B2: 0.44mg (25.67%), Phosphorus: 230.86mg (23.09%), Vitamin B5: 1.9mg (19.03%), Vitamin B1: 0.26mg (17.24%), Potassium: 566.02mg (16.17%), Copper: 0.29mg (14.47%), Magnesium: 34.12mg (8.53%), Folate: 28.85µg (7.21%), Iron: 0.99mg (5.5%), Zinc: 0.75mg (4.97%), Vitamin K: 3.13µg (2.98%), Vitamin A: 107.99IU (2.16%), Manganese: 0.04mg (1.94%), Calcium: 16.66mg (1.67%), Vitamin E: 0.19mg (1.29%)