



Grilled Salmon with Lemon Dill Sauce

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



254 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon olive oil
- ☐ 1 tablespoon optional: dill fresh chopped
- ☐ 1 teaspoon lemon zest grated
- ☐ 3 tablespoons juice of lemon
- ☐ 2 tablespoons honey
- ☐ 0.5 teaspoon highest available proof grain spirit
- ☐ 1 lb salmon fillet cut into 4 pieces (4 oz each)
- ☐ 6 oz yogurt plain fat free

- ☐ 1 tablespoon optional: dill dried fresh chopped
- ☐ 0.5 teaspoon lemon zest grated
- ☐ 1 tablespoon juice of lemon
- ☐ 0.1 teaspoon pepper

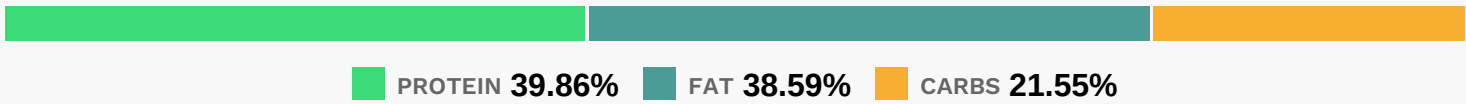
Equipment

- ☐ bowl
- ☐ plastic wrap
- ☐ grill
- ☐ glass baking pan

Directions

- ☐ Heat gas or charcoal grill. In small bowl, mix all marinade ingredients except salmon.
- ☐ In 8-inch square (2-quart) glass baking dish, arrange salmon pieces skin side up in single layer.
- ☐ Pour marinade over salmon; turn to coat. Cover with plastic wrap; refrigerate 20 minutes.
- ☐ Heat gas or charcoal grill.
- ☐ Brush grill rack with oil.
- ☐ Remove salmon from marinade; discard marinade.
- ☐ Place skin side down on grill over medium heat. Cover grill; cook 10 to 15 minutes or until salmon flakes easily with fork.
- ☐ Meanwhile, in small bowl, mix sauce ingredients.
- ☐ Serve with salmon.

Nutrition Facts



Properties

Glycemic Index:42.57, Glycemic Load:4.76, Inflammation Score:-3, Nutrition Score:18.264347732067%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg 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: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 253.79kcal (12.69%), Fat: 10.82g (16.64%), Saturated Fat: 1.65g (10.33%), Carbohydrates: 13.59g (4.53%), Net Carbohydrates: 13.38g (4.87%), Sugar: 12.31g (13.68%), Cholesterol: 63.22mg (21.07%), Sodium: 83.5mg (3.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.13g (50.27%), Vitamin B12: 3.87µg (64.42%), Selenium: 43.05µg (61.49%), Vitamin B6: 0.96mg (48.19%), Vitamin B3: 9.04mg (45.2%), Vitamin B2: 0.54mg (31.74%), Phosphorus: 298.17mg (29.82%), Vitamin B5: 2.2mg (21.97%), Potassium: 691.17mg (19.75%), Vitamin B1: 0.28mg (18.78%), Copper: 0.3mg (15.05%), Magnesium: 43.49mg (10.87%), Calcium: 101.62mg (10.16%), Folate: 37.66µg (9.41%), Vitamin C: 7.38mg (8.94%), Zinc: 1.21mg (8.07%), Iron: 1.06mg (5.88%), Vitamin E: 0.53mg (3.56%), Manganese: 0.05mg (2.46%), Vitamin K: 2.31µg (2.2%), Vitamin A: 65.51IU (1.31%)