



WHATSheATE



Grilled Salmon with Lemon-Herb Butter Sauce



Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



362 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons shallots finely chopped
- ☐ 0.3 cup wine dry white
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 6 tablespoons butter cold
- ☐ 1 tablespoon optional: dill fresh chopped
- ☐ 1 tablespoon chives fresh finely chopped
- ☐ 0.1 teaspoon pepper
- ☐ 1 tablespoon olive oil

- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 lb salmon fillet cut into 4 pieces
- ☐ 0.3 teaspoon salt
- ☐ 0.3 teaspoon pepper

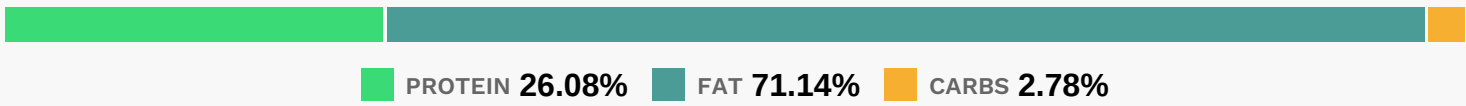
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ grill

Directions

- ☐ Heat gas or charcoal grill. In small saucepan, combine shallots, wine and 3 tablespoons lemon juice. Bring to a boil over medium-high heat. Reduce heat to medium; cook 5 to 7 minutes or until mixture is reduced to about 2 to 3 tablespoons, stirring occasionally.
- ☐ Remove from heat. Stir in cold butter 1 tablespoon at a time until each is well blended. Stir in dill, chives and 1/8 teaspoon pepper. Cover to keep warm.
- ☐ In small bowl, combine oil and 1 tablespoon lemon juice; mix well.
- ☐ Brush over salmon fillets.
- ☐ Sprinkle with salt and 1/4 teaspoon pepper.
- ☐ When grill is heated, place salmon, skin side up, on gas grill over medium heat or on charcoal grill 4 to 6 inches from medium coals. Cook 8 to 10 minutes or until fish flakes easily with fork, turning once and brushing occasionally with any remaining oil mixture. If necessary, reheat butter sauce over very low heat, stirring constantly.
- ☐ Serve salmon with butter sauce.

Nutrition Facts



Properties

Glycemic Index:54.75, Glycemic Load:0.3, Inflammation Score:-6, Nutrition Score:17.487391445948%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.23mg, Hesperetin: 2.23mg, Hesperetin: 2.23mg, Hesperetin: 2.23mg Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 362.47kcal (18.12%), Fat: 27.77g (42.73%), Saturated Fat: 12.4g (77.5%), Carbohydrates: 2.44g (0.81%), Net Carbohydrates: 2.16g (0.79%), Sugar: 0.94g (1.05%), Cholesterol: 107.52mg (35.84%), Sodium: 331.96mg (14.43%), Alcohol: 1.54g (100%), Alcohol %: 1.12% (100%), Protein: 22.91g (45.82%), Vitamin B12: 3.64µg (60.7%), Selenium: 41.71µg (59.58%), Vitamin B6: 0.96mg (48.08%), Vitamin B3: 8.97mg (44.85%), Vitamin B2: 0.44mg (26.18%), Phosphorus: 239.53mg (23.95%), Vitamin B5: 1.96mg (19.56%), Vitamin B1: 0.27mg (17.7%), Potassium: 609.01mg (17.4%), Copper: 0.29mg (14.74%), Vitamin A: 612.64IU (12.25%), Magnesium: 37.45mg (9.36%), Folate: 34.8µg (8.7%), Vitamin C: 6.73mg (8.15%), Vitamin E: 1.02mg (6.79%), Iron: 1.08mg (6.01%), Vitamin K: 5.58µg (5.32%), Zinc: 0.8mg (5.32%), Manganese: 0.08mg (4.02%), Calcium: 24.6mg (2.46%), Fiber: 0.27g (1.09%)