



Grilled Salmon with Lemon-Pepper Compound Butter

 Gluten Free  Low Fod Map

READY IN



50 min.

SERVINGS



4

CALORIES



568 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon pepper black as needed freshly ground plus more
- 1 teaspoon cloves finely chopped (from 2 medium cloves)
- 1 teaspoon kosher salt as needed plus more
- 2 teaspoons lemon zest finely grated (from 2 medium lemons)
- 24 ounce salmon fillet
- 8 tablespoons butter unsalted at room temperature (1 stick)
- 4 servings vegetable oil as needed

Equipment

- bowl
- paper towels
- plastic wrap
- grill
- spatula
- grill pan

Directions

- Place the butter in a medium bowl and mash it with a rubber spatula until it's very spreadable.
- Add the zest, garlic, and measured salt and pepper and mix until thoroughly combined.
- Transfer the butter mixture to a sheet of plastic wrap. Shape it into a log by rolling it up in the plastic wrap, then twist the ends and fold under to seal.
- Place in the refrigerator to harden before using, at least 30 minutes.
- Cut the zested lemons in half and set them aside.
- Heat a grill pan or outdoor grill to medium high (about 375°F to 425°F). Pat the salmon dry with paper towels. Coat both sides of the fillets with oil and season generously with salt and pepper. When the grill is ready, rub the grates with a towel dipped in the vegetable oil.
- Place the salmon on the grill skin-side down, cover the grill, and cook undisturbed until grill marks appear and the skin is starting to crisp, about 2 to 3 minutes. Using a flat spatula, carefully flip the fillets over.
- Place the reserved lemons cut-side down on the grill. Cover the grill and continue to cook until the salmon is just opaque in the center and the lemons have grill marks, about 2 to 4 minutes more. To serve, cut 4 (1/4- to 1/2-inch-thick) rounds of the lemon-pepper butter (you will have some left over). Immediately place a round on top of each piece of fish and serve with the grilled lemon halves to squeeze over the salmon.

Nutrition Facts

   **PROTEIN 24.04%**  **FAT 75.49%**  **CARBS 0.47%**

Properties

Glycemic Index:8, Glycemic Load:0.06, Inflammation Score:-6, Nutrition Score:26.384782749674%

Nutrients (% of daily need)

Calories: 568.47kcal (28.42%), Fat: 47.55g (73.15%), Saturated Fat: 18.2g (113.78%), Carbohydrates: 0.66g (0.22%), Net Carbohydrates: 0.34g (0.12%), Sugar: 0.07g (0.08%), Cholesterol: 153.75mg (51.25%), Sodium: 660.15mg (28.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.07g (68.13%), Vitamin B12: 5.46µg (90.94%), Selenium: 62.42µg (89.17%), Vitamin B6: 1.4mg (69.82%), Vitamin B3: 13.4mg (66.98%), Vitamin B2: 0.66mg (38.71%), Phosphorus: 348.08mg (34.81%), Vitamin B5: 2.87mg (28.73%), Vitamin K: 28.88µg (27.5%), Vitamin B1: 0.39mg (25.82%), Potassium: 851.11mg (24.32%), Copper: 0.44mg (21.93%), Vitamin A: 771.39IU (15.43%), Magnesium: 51.56mg (12.89%), Manganese: 0.24mg (12.2%), Vitamin E: 1.82mg (12.16%), Folate: 43.64µg (10.91%), Iron: 1.46mg (8.11%), Zinc: 1.13mg (7.53%), Calcium: 32.63mg (3.26%), Vitamin D: 0.42µg (2.8%), Vitamin C: 1.29mg (1.56%), Fiber: 0.32g (1.27%)