



Grilled Salmon with Lime Butter Sauce



Gluten Free



Dairy Free



Very Healthy



Popular



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



243 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 tablespoons lime
- ☐ 1.5 teaspoons lime zest fresh finely grated
- ☐ 36 oz salmon fillet with skin ()

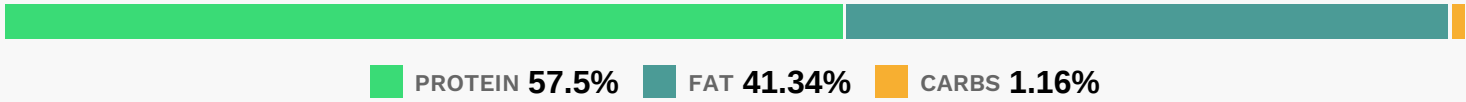
Equipment

- ☐ grill
- ☐ grill pan

Directions

- ☐ Prepare grill for cooking over medium-hot charcoal (moderate heat for gas).
- ☐ Season salmon all over with salt and pepper, then grill, flesh sides down, on lightly oiled grill rack (covered only if using gas grill) 4 minutes. Turn fillets over and grill (covered only if using gas grill) until just cooked through, 4 to 6 minutes more.
- ☐ Sprinkle fillets with zest and top each with 1 tablespoon lime butter sauce.
- ☐ If you aren't able to grill outdoors, salmon can be cooked in a hot lightly oiled well-seasoned large (2-burner) ridged grill pan over moderately high heat.

Nutrition Facts



Properties

Glycemic Index:10.67, Glycemic Load:0.16, Inflammation Score:-4, Nutrition Score:23.214782886531%

Flavonoids

Hesperetin: 2.8mg, Hesperetin: 2.8mg, Hesperetin: 2.8mg, Hesperetin: 2.8mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 243.49kcal (12.17%), Fat: 10.8g (16.61%), Saturated Fat: 1.67g (10.44%), Carbohydrates: 0.68g (0.23%), Net Carbohydrates: 0.5g (0.18%), Sugar: 0.11g (0.12%), Cholesterol: 93.55mg (31.18%), Sodium: 74.97mg (3.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.79g (67.59%), Vitamin B12: 5.41µg (90.15%), Selenium: 62.11µg (88.73%), Vitamin B6: 1.39mg (69.71%), Vitamin B3: 13.38mg (66.91%), Vitamin B2: 0.65mg (38.1%), Phosphorus: 341.36mg (34.14%), Vitamin B5: 2.84mg (28.45%), Vitamin B1: 0.39mg (25.76%), Potassium: 840.11mg (24%), Copper: 0.43mg (21.47%), Magnesium: 49.72mg (12.43%), Folate: 43.04µg (10.76%), Iron: 1.4mg (7.78%), Zinc: 1.1mg (7.31%), Vitamin C: 1.89mg (2.29%), Calcium: 22.56mg (2.26%), Vitamin A: 71.29IU (1.43%), Manganese: 0.03mg (1.39%)