



Grilled Salmon with Mediterranean Salsa

 Gluten Free

READY IN



25 min.

SERVINGS



25

CALORIES



43 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup athenos feta cheese crumbled traditional
- 0.5 cup parsley fresh chopped
- 0.3 cup kalamata olives pitted coarsely chopped
- 1 Tbsp juice of lemon
- 2 Tbsp olive oil
- 0.3 cup plum tomatoes chopped
- 16 oz salmon fillet

Equipment

grill

Directions

- Preheat grill to medium heat.
- Mix parsley, tomatoes, cheese, olives, oil and lemon juice until well blended.
- Let stand at room temperature until ready to use.
- Grill salmon 5 minutes on each side or until salmon flakes easily with fork.
- Serve each fillet topped with 1/4 cup of the tomato salsa.

Nutrition Facts

 **PROTEIN 36.79%**  **FAT 59.9%**  **CARBS 3.31%**

Properties

Glycemic Index:3.88, Glycemic Load:0.06, Inflammation Score:-2, Nutrition Score:3.9817391365119%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 2.59mg, Apigenin: 2.59mg, Apigenin: 2.59mg, Apigenin: 2.59mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 42.73kcal (2.14%), Fat: 2.82g (4.33%), Saturated Fat: 0.56g (3.51%), Carbohydrates: 0.35g (0.12%), Net Carbohydrates: 0.23g (0.08%), Sugar: 0.12g (0.13%), Cholesterol: 11.31mg (3.77%), Sodium: 47mg (2.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.89g (7.78%), Vitamin K: 20.65µg (19.67%), Vitamin B12: 0.6µg (10.04%), Selenium: 6.86µg (9.8%), Vitamin B6: 0.16mg (7.95%), Vitamin B3: 1.48mg (7.4%), Vitamin B2: 0.08mg (4.92%), Phosphorus: 42.9mg (4.29%), Vitamin B5: 0.33mg (3.25%), Vitamin B1: 0.05mg (3.06%), Potassium: 105.15mg (3%), Vitamin A: 146.29IU (2.93%), Vitamin C: 2.26mg (2.74%), Copper: 0.05mg (2.56%), Folate: 7.47µg (1.87%), Magnesium: 6.68mg (1.67%), Vitamin E: 0.24mg (1.62%), Iron: 0.25mg (1.4%), Calcium: 12.29mg (1.23%), Zinc: 0.18mg (1.19%)