



Grilled Salmon with Nectarine and Red Onion Relish



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



265 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings garnish: jalapeño peppers fresh cut in half lengthwise
- ☐ 4 servings nectarine and onion relish red
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 1.5 pounds salmon fillet 1-inch-thick ()
- ☐ 0.1 teaspoon salt

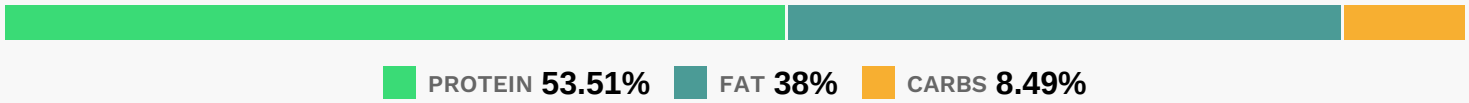
Equipment

- ☐ grill

Directions

- ☐ Sprinkle salmon fillets with salt and pepper.
- ☐ Grill, covered with grill lid, over medium-high heat (350 to 400 degrees F)
- ☐ about 5 minutes on each side or to desired degree of doneness.
- ☐ Serve immediately with Nectarine and Red Onion Relish.
- ☐ Add halved jalapeno pepper to each plate, if desired.

Nutrition Facts



Properties

Glycemic Index:22.75, Glycemic Load:1.2, Inflammation Score:-5, Nutrition Score:24.800000022287%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 11.29mg, Quercetin: 11.29mg, Quercetin: 11.29mg, Quercetin: 11.29mg

Nutrients (% of daily need)

Calories: 264.89kcal (13.24%), Fat: 10.86g (16.7%), Saturated Fat: 1.7g (10.61%), Carbohydrates: 5.46g (1.82%), Net Carbohydrates: 4.39g (1.6%), Sugar: 2.44g (2.71%), Cholesterol: 93.55mg (31.18%), Sodium: 149.84mg (6.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.4g (68.8%), Vitamin B12: 5.41µg (90.15%), Selenium: 62.38µg (89.12%), Vitamin B6: 1.47mg (73.43%), Vitamin B3: 13.47mg (67.34%), Vitamin B2: 0.66mg (39.02%), Phosphorus: 357.19mg (35.72%), Vitamin B5: 2.91mg (29.09%), Vitamin B1: 0.41mg (27.4%), Potassium: 923.31mg (26.38%), Copper: 0.45mg (22.56%), Magnesium: 55.63mg (13.91%), Folate: 53.69µg (13.42%), Vitamin C: 7.03mg (8.53%), Iron: 1.51mg (8.37%), Zinc: 1.19mg (7.93%), Manganese: 0.13mg (6.63%), Fiber: 1.07g (4.27%), Calcium: 34.51mg (3.45%), Vitamin A: 97.46IU (1.95%), Vitamin K: 1.09µg (1.04%)