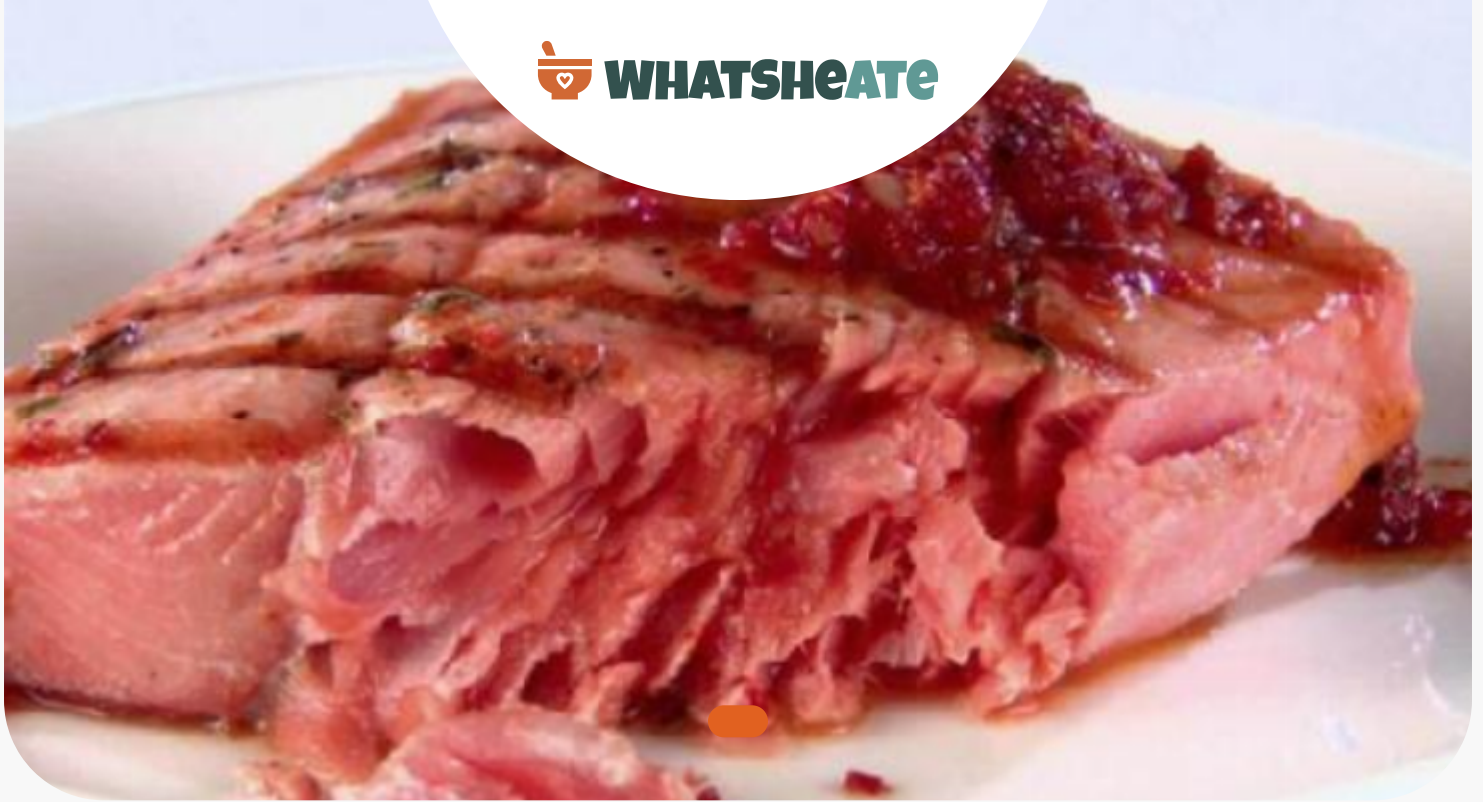




Grilled Salmon with Sun-Dried Tomato Butter (California)



Gluten Free



Low Fod Map

READY IN



30 min.

SERVINGS



4

CALORIES



552 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 0.8 teaspoon kosher salt
- ☐ 1 teaspoon kosher salt
- ☐ 2 tablespoons olive oil
- ☐ 0.5 teaspoon oregano dried
- ☐ 24 ounce center-cut salmon fillets

- ☐ 0.8 cup sun-dried tomatoes and herbs drained sliced in oil (one 6.5-ounce jar)
- ☐ 1 stick butter unsalted at room temperature

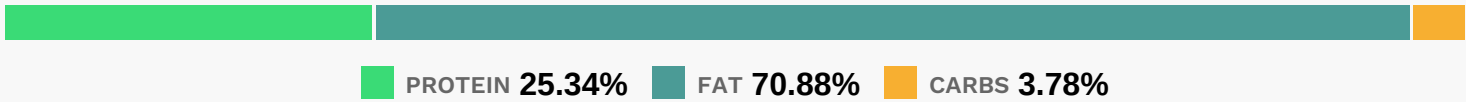
Equipment

- ☐ food processor
- ☐ bowl
- ☐ grill
- ☐ grill pan

Directions

- ☐ Sprinkle both sides of the salmon with the salt, pepper and dried oregano.
- ☐ Drizzle with the olive oil.
- ☐ Place a grill pan over medium-high heat or preheat a gas or charcoal grill. Grill for 3 to 5 minutes on each side until cooked through.
- ☐ For the butter: In the bowl of a food processor, combine the butter, sun-dried tomatoes, dried oregano, salt and pepper. Blend until the sun-dried tomatoes are finely chopped.
- ☐ Place in a bowl and refrigerate until ready to use.
- ☐ Serve the salmon with a dollop of the sun-dried tomato butter on top.

Nutrition Facts



Properties

Glycemic Index:17.25, Glycemic Load:0.05, Inflammation Score:-8, Nutrition Score:28.756086701932%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 551.51kcal (27.58%), Fat: 43.62g (67.11%), Saturated Fat: 17.55g (109.66%), Carbohydrates: 5.24g (1.75%), Net Carbohydrates: 3.84g (1.4%), Sugar: 0.03g (0.03%), Cholesterol: 154.29mg (51.43%), Sodium: 1150.49mg (50.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.09g (70.18%), Vitamin B12: 5.46µg (90.95%),

Selenium: 63.02µg (90.03%), Vitamin B6: 1.46mg (73.09%), Vitamin B3: 14.15mg (70.73%), Vitamin B2: 0.74mg (43.35%), Phosphorus: 376.61mg (37.66%), Potassium: 1171.45mg (33.47%), Vitamin B5: 2.97mg (29.68%), Vitamin B1: 0.43mg (28.43%), Copper: 0.53mg (26.73%), Vitamin C: 21mg (25.46%), Vitamin A: 1045.55IU (20.91%), Magnesium: 67.94mg (16.99%), Folate: 48.77µg (12.19%), Iron: 2.1mg (11.64%), Vitamin E: 1.71mg (11.42%), Manganese: 0.19mg (9.37%), Zinc: 1.29mg (8.59%), Vitamin K: 8.36µg (7.96%), Fiber: 1.4g (5.59%), Calcium: 43.24mg (4.32%), Vitamin D: 0.42µg (2.83%)