



Grilled Salmon with Veggies

 **Gluten Free**  **Dairy Free**

READY IN



25 min.

SERVINGS



4

CALORIES



308 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup butter softened
- 2 tablespoons basil dried fresh chopped
- 1 teaspoon lemon zest grated
- 8 oz asparagus fresh
- 1 medium bell pepper red yellow cut into 1/4-inch-wide strips
- 2 teaspoons vegetable oil
- 0.5 teaspoon pepper black red
- 0.5 teaspoon lemon pepper

- 0.5 teaspoon garlic salt
- 1 lb salmon fillet

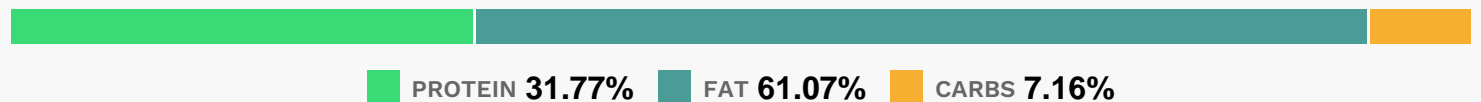
Equipment

- bowl
- grill

Directions

- Heat closed medium-size contact grill for 5 minutes. In small bowl, mix butter, basil and lemon peel; set aside.
- In large bowl, toss asparagus spears and bell pepper with 1 teaspoon of the oil and 1/4 teaspoon each of the pepper blend, lemon-pepper seasoning and garlic salt.
- Place vegetables crosswise on grill. Close grill. Grill 4 to 6 minutes or until vegetables are crisp-tender.
- Remove from grill; cover to keep warm.
- Cut salmon into 4 serving-size pieces.
- Brush salmon with remaining 1 teaspoon oil; sprinkle with remaining 1/4 teaspoon each of the seasonings.
- Place salmon, skin side down, on grill. Close grill. Grill 4 to 5 minutes or until salmon flakes easily with fork.
- Serve butter mixture with salmon and vegetables.

Nutrition Facts



Properties

Glycemic Index:24, Glycemic Load:0.38, Inflammation Score:-8, Nutrition Score:27.748260788296%

Flavonoids

Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin:

8.24mg, Quercetin: 8.24mg, Quercetin: 8.24mg, Quercetin: 8.24mg

Nutrients (% of daily need)

Calories: 308.45kcal (15.42%), Fat: 21.09g (32.45%), Saturated Fat: 3.91g (24.42%), Carbohydrates: 5.56g (1.85%), Net Carbohydrates: 3.17g (1.15%), Sugar: 1.12g (1.25%), Cholesterol: 62.37mg (20.79%), Sodium: 477.75mg (20.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.69g (49.38%), Vitamin C: 58.46mg (70.86%), Selenium: 42.87µg (61.25%), Vitamin B12: 3.62µg (60.34%), Vitamin K: 62.83µg (59.84%), Vitamin B6: 1.06mg (52.98%), Vitamin B3: 9.84mg (49.21%), Vitamin B2: 0.55mg (32.29%), Phosphorus: 273.01mg (27.3%), Copper: 0.47mg (23.59%), Vitamin B1: 0.35mg (23.3%), Potassium: 799.32mg (22.84%), Iron: 4.11mg (22.83%), Vitamin B5: 2.13mg (21.3%), Vitamin A: 1058.86IU (21.18%), Manganese: 0.4mg (20.15%), Folate: 72.06µg (18.01%), Magnesium: 59.98mg (14.99%), Vitamin E: 1.49mg (9.9%), Fiber: 2.39g (9.57%), Calcium: 82.61mg (8.26%), Zinc: 1.23mg (8.22%)