



HEALTH SCORE

100%

Grilled Salmon Wrapped in Lemon and Bay Leaves



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



422 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 servings kosher salt
- ☐ 3 ounce bay leaf fresh divided
- ☐ 6 optional: lemon divided very thinly sliced into rounds,
- ☐ 8 servings olive oil (for drizzling)
- ☐ 3 pound salmon fillet with skin

Equipment

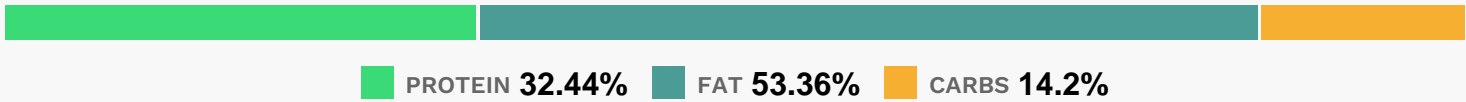
- ☐ grill

☐ kitchen thermometer

Directions

- ☐ Arrange eight 24-inch-long pieces of kitchenstring, side by side and 1 1/2 inches apart, onsurface. Overlap bay leaves atop stringsin rectangle about same size as fish. Topbay leaves with overlapping rows of lemonslices.
- ☐ Sprinkle fish skin with coarse salt andfreshly ground black pepper; place fish, skinside down, on lemon slices.
- ☐ Sprinkle fishflesh with coarse salt and pepper; drizzlewith olive oil. Top with overlapping rowsof lemon slices, then bay leaves. Tightltytie strings, securing lemon slices and bayleaves to fish.
- ☐ Place fish packet in grillingbasket; close basket (basket does not haveto close completely in order to support fish).DO AHEAD: Can be made 2 hours ahead. Chillsalmon in basket. Bring to room temperaturebefore grilling.
- ☐ Prepare barbecue (medium-high heat).Grill fish in basket until just firm to touchand thermometer inserted into thickestpart registers 135°F, holding basket sidestogether to turn fish, about 20 minutes perside.
- ☐ Transfer fish to platter, with stringknots up.
- ☐ Remove strings, bay leaves, andlemons from top side.
- ☐ Drizzle with oil; serve.
- ☐ Per serving: 362.19 kcal calories,40.8 % calories from fat,
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:3.19, Glycemic Load:1.35, Inflammation Score:-8, Nutrition Score:33.700434643289%

Flavonoids

Eriodictyol: 17.3mg, Eriodictyol: 17.3mg, Eriodictyol: 17.3mg, Eriodictyol: 17.3mg Hesperetin: 22.6mg, Hesperetin: 22.6mg, Hesperetin: 22.6mg, Hesperetin: 22.6mg Naringenin: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.56mg,

Luteolin: 1.56mg, Luteolin: 1.56mg, Luteolin: 1.56mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg

Nutrients (% of daily need)

Calories: 422.06kcal (21.1%), Fat: 25.92g (39.87%), Saturated Fat: 3.87g (24.22%), Carbohydrates: 15.52g (5.17%), Net Carbohydrates: 10.46g (3.8%), Sugar: 2.03g (2.25%), Cholesterol: 93.55mg (31.18%), Sodium: 272.98mg (11.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.45g (70.89%), Vitamin B12: 5.41µg (90.15%), Selenium: 62.71µg (89.58%), Vitamin B6: 1.64mg (82.06%), Vitamin B3: 13.66mg (68.32%), Vitamin C: 47.87mg (58.03%), Manganese: 0.92mg (46.01%), Vitamin B2: 0.71mg (41.61%), Phosphorus: 365.17mg (36.52%), Iron: 6.5mg (36.1%), Vitamin B5: 2.98mg (29.84%), Potassium: 1001.67mg (28.62%), Vitamin B1: 0.42mg (27.85%), Copper: 0.5mg (24.98%), Fiber: 5.06g (20.26%), Folate: 70.57µg (17.64%), Magnesium: 68.57mg (17.14%), Vitamin A: 743.39IU (14.87%), Vitamin E: 2.14mg (14.25%), Calcium: 130.39mg (13.04%), Zinc: 1.53mg (10.21%), Vitamin K: 8.43µg (8.03%)