

# Healthier Grilled Salmon I

 Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



6

CALORIES



254 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.3 cup brown sugar
- 1 clove garlic minced
- 2 teaspoons juice of lemon
- 1 teaspoon lemon zest
- 2 tablespoons olive oil extra-virgin
- 1.5 pounds salmon fillet
- 2 tablespoons soya sauce

## Equipment

- grill
- glass baking pan

## Directions

- Stir together lemon juice, lemon zest, soy sauce, brown sugar, garlic and olive oil in a 9x13-inch glass baking dish until sugar is dissolved, about 2 minutes.
- Place fish flesh side down in mixture and refrigerate for 30 minutes.
- Preheat an outdoor grill for medium-high heat and lightly oil grate.
- Place salmon on preheated grill and discard marinade.
- Cook salmon until fish flakes easily with a fork, 6 to 8 minutes.

## Nutrition Facts

**PROTEIN 37.07%** **FAT 42.7%** **CARBS 20.23%**

## Properties

Glycemic Index:7.5, Glycemic Load:0.09, Inflammation Score:-3, Nutrition Score:16.316956409942%

## Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 253.59kcal (12.68%), Fat: 11.87g (18.26%), Saturated Fat: 1.76g (10.99%), Carbohydrates: 12.66g (4.22%), Net Carbohydrates: 12.56g (4.57%), Sugar: 12.02g (13.35%), Cholesterol: 62.37mg (20.79%), Sodium: 388.69mg (16.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.19g (46.37%), Vitamin B12: 3.61µg (60.1%), Selenium: 41.66µg (59.51%), Vitamin B6: 0.95mg (47.61%), Vitamin B3: 9.17mg (45.85%), Vitamin B2: 0.44mg (25.95%), Phosphorus: 236.02mg (23.6%), Vitamin B5: 1.93mg (19.32%), Vitamin B1: 0.26mg (17.43%), Potassium: 588.93mg (16.83%), Copper: 0.3mg (14.97%), Magnesium: 36.66mg (9.17%), Folate: 29.94µg (7.49%), Iron: 1.18mg (6.53%), Zinc: 0.76mg (5.08%), Vitamin E: 0.68mg (4.5%), Manganese: 0.06mg (3.22%), Vitamin K: 2.82µg (2.68%), Calcium: 26.45mg (2.65%), Vitamin C: 1.23mg (1.49%)