



Herb-Grilled Salmon

 **Gluten Free**  **Dairy Free**  **Very Healthy**  **Low Fod Map**

READY IN



45 min.

SERVINGS



6

CALORIES



257 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons basil fresh chopped
- 2 teaspoons olive oil
- 0.1 teaspoon pepper
- 0.1 teaspoon pepper sauce hot
- 36 ounce salmon steaks
- 0.3 teaspoon salt
- 0.8 cup tomatoes peeled seeded chopped
- 2 teaspoons citrus champagne vinegar white

Equipment

- food processor
- grill

Directions

- Place first 7 ingredients in a food processor, and process until smooth.
- Pour into a shallow dish; add salmon, turning to coat. Cover and marinate in refrigerator for 30 minutes, turning occasionally.
- Remove salmon from marinade, reserving marinade. Prepare grill.
- Place salmon on grill rack coated with cooking spray, and grill 8 minutes on each side or until fish flakes easily when tested with a fork, basting occasionally with reserved marinade.
- Serve with Walla Walla Relish, if desired.

Nutrition Facts

PROTEIN 54.67% **FAT 44.08%** **CARBS 1.25%**

Properties

Glycemic Index:23.33, Glycemic Load:0.2, Inflammation Score:0, Nutrition Score:24.045652016349%

Flavonoids

Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 257.26kcal (12.86%), Fat: 12.16g (18.71%), Saturated Fat: 1.86g (11.62%), Carbohydrates: 0.77g (0.26%), Net Carbohydrates: 0.53g (0.19%), Sugar: 0.49g (0.55%), Cholesterol: 93.55mg (31.18%), Sodium: 175.07mg (7.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.94g (67.88%), Vitamin B12: 5.41µg (90.15%), Selenium: 62.09µg (88.7%), Vitamin B6: 1.41mg (70.38%), Vitamin B3: 13.49mg (67.43%), Vitamin B2: 0.65mg (38.27%), Phosphorus: 345.25mg (34.52%), Vitamin B5: 2.85mg (28.49%), Vitamin B1: 0.39mg (26.11%), Potassium: 880.94mg (25.17%), Copper: 0.44mg (21.98%), Magnesium: 51.95mg (12.99%), Folate: 45.78µg (11.45%), Iron: 1.45mg (8.07%), Zinc: 1.13mg (7.51%), Vitamin A: 258.71IU (5.17%), Vitamin K: 5.11µg (4.87%), Vitamin C: 2.74mg (3.32%), Manganese: 0.06mg (3.12%), Calcium: 23.82mg (2.38%), Vitamin E: 0.3mg (1.99%)