



High-Speed Salmon Grill

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



15 min.

SERVINGS



15

CALORIES



59 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup & spicy barbecue sauce thick kraft
- 1 Tbsp basil fresh chopped
- 0.3 tsp orange zest
- 2 Tbsp pancake syrup
- 1 lb skin-on salmon fillet

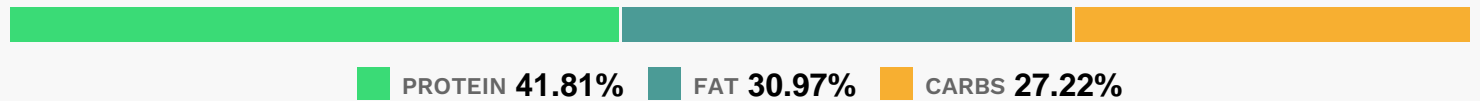
Equipment

- grill

Directions

- Heat greased grill to medium heat.
- Mix first 3 ingredients until blended. Reserve half the sauce for later use.
- Place fish, skin side down, on grill grate; brush with remaining sauce. Grill 10 min. or until fish flakes easily with fork, brushing with reserved sauce after 5 min.
- Remove fish to platter; sprinkle with basil.

Nutrition Facts



Properties

Glycemic Index:4.67, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:4.3747826600852%

Nutrients (% of daily need)

Calories: 59.16kcal (2.96%), Fat: 1.99g (3.07%), Saturated Fat: 0.33g (2.04%), Carbohydrates: 3.94g (1.31%), Net Carbohydrates: 3.89g (1.41%), Sugar: 1.58g (1.76%), Cholesterol: 16.74mg (5.58%), Sodium: 65.03mg (2.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.05g (12.1%), Vitamin B12: 0.96µg (16.03%), Selenium: 11.12µg (15.89%), Vitamin B6: 0.25mg (12.58%), Vitamin B3: 2.41mg (12.05%), Vitamin B2: 0.12mg (6.95%), Phosphorus: 61.94mg (6.19%), Vitamin B5: 0.51mg (5.13%), Vitamin B1: 0.07mg (4.66%), Potassium: 160.62mg (4.59%), Copper: 0.09mg (4.31%), Magnesium: 9.72mg (2.43%), Folate: 7.95µg (1.99%), Vitamin K: 1.83µg (1.74%), Iron: 0.29mg (1.6%), Zinc: 0.21mg (1.37%)