



Maple Grilled Salmon



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



287 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons maple syrup
- ☐ 2 tablespoons orange juice fresh
- ☐ 2 tablespoons rice vinegar
- ☐ 24 ounce salmon fillet
- ☐ 0.3 teaspoon salt

Equipment

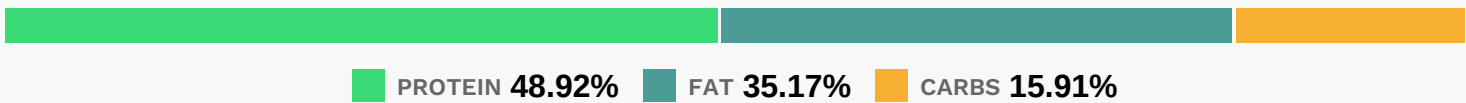
- ☐ frying pan
- ☐ sauce pan

- ☐ grill
- ☐ ziploc bags
- ☐ grill pan

Directions

- ☐ Combine first 3 ingredients in a large heavy-duty zip-top plastic bag; add fish. Seal bag, and marinate in refrigerator 3 hours.
- ☐ Preheat grill or grill pan to medium-high heat.
- ☐ Remove fish from marinade, reserving marinade.
- ☐ Pour marinade into a small saucepan; bring to a boil. Cook until reduced to 2 tablespoons (about 3 minutes).
- ☐ Place fish on grill rack or pan coated with cooking spray; grill 3 to 4 minutes on each side or until desired degree of doneness.
- ☐ Remove fish from grill; sprinkle evenly with salt.
- ☐ Serve fish with sauce.
- ☐ Hold zip-top plastic bag while liquid ingredients are added
- ☐ Sprinkle fish with salt
- ☐ Squeeze orange for juice
- ☐ Help measure liquid ingredients

Nutrition Facts



Properties

Glycemic Index:34.63, Glycemic Load:4.14, Inflammation Score:-4, Nutrition Score:24.844347989025%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 1.02mg, Hesperetin: 1.02mg, Hesperetin: 1.02mg, Hesperetin: 1.02mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 287.3kcal (14.37%), Fat: 10.8g (16.62%), Saturated Fat: 1.67g (10.44%), Carbohydrates: 10.99g (3.66%), Net Carbohydrates: 10.98g (3.99%), Sugar: 9.71g (10.78%), Cholesterol: 93.55mg (31.18%), Sodium: 221.78mg (9.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.81g (67.61%), Vitamin B12: 5.41µg (90.15%), Selenium: 62.13µg (88.76%), Vitamin B6: 1.39mg (69.74%), Vitamin B3: 13.42mg (67.08%), Vitamin B2: 0.84mg (49.38%), Phosphorus: 341.96mg (34.2%), Vitamin B5: 2.85mg (28.47%), Vitamin B1: 0.4mg (26.8%), Potassium: 884.42mg (25.27%), Copper: 0.43mg (21.48%), Manganese: 0.38mg (18.91%), Magnesium: 53.5mg (13.37%), Folate: 45.07µg (11.27%), Zinc: 1.2mg (7.99%), Iron: 1.4mg (7.77%), Vitamin C: 4.25mg (5.15%), Calcium: 38.27mg (3.83%), Vitamin A: 85.04IU (1.7%)