



Maple Grilled Salmon



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



289 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 3 tablespoons maple syrup
- ☐ 2 tablespoons orange juice fresh
- ☐ 0.3 cup rice wine vinegar
- ☐ 24 ounce salmon fillet
- ☐ 0.3 teaspoon salt

Equipment

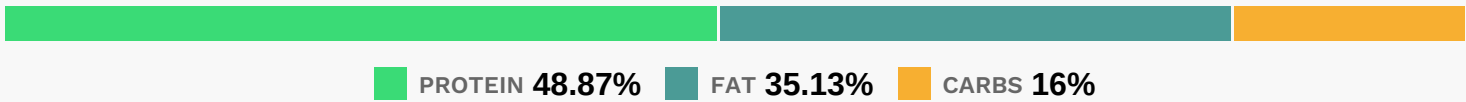
- ☐ frying pan

- ☐ sauce pan
- ☐ grill
- ☐ ziploc bags
- ☐ grill pan

Directions

- ☐ Combine first 3 ingredients in a large zip-top plastic bag; add fish. Seal and marinate in refrigerator 3 hours.
- ☐ Preheat grill or grill pan to medium-high heat.
- ☐ Remove fish from bag, reserving the marinade.
- ☐ Pour marinade into a small saucepan; bring to a boil. Cook until reduced to 2 tablespoons (about 5 minutes).
- ☐ Place fish on grill rack or pan coated with cooking spray; grill 4 minutes on each side or until fish flakes easily when tested with a fork or until desired degree of doneness, basting occasionally with marinade.
- ☐ Remove fish from grill; sprinkle with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:42.63, Glycemic Load:4.16, Inflammation Score:-4, Nutrition Score:24.929565250145%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg 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: 289.05kcal (14.45%), Fat: 10.81g (16.62%), Saturated Fat: 1.67g (10.45%), Carbohydrates: 11.08g (3.69%), Net Carbohydrates: 11.03g (4.01%), Sugar: 9.71g (10.79%), Cholesterol: 93.55mg (31.18%), Sodium: 221.96mg (9.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.82g (67.64%), Vitamin B12: 5.41µg (90.15%), Selenium: 62.18µg (88.83%), Vitamin B6: 1.4mg (69.76%), Vitamin B3: 13.42mg (67.09%), Vitamin B2: 0.84mg (49.39%), Phosphorus: 342.47mg (34.25%), Vitamin B5: 2.85mg (28.48%), Vitamin B1: 0.4mg (26.81%), Potassium:

886.24mg (25.32%), Copper: 0.43mg (21.59%), Manganese: 0.4mg (19.92%), Magnesium: 53.79mg (13.45%), Folate: 45.1µg (11.27%), Zinc: 1.2mg (8.01%), Iron: 1.41mg (7.85%), Vitamin C: 4.25mg (5.15%), Calcium: 39.3mg (3.93%), Vitamin A: 85.72IU (1.71%)