



WHATSheATE



HEALTH SCORE

100%

Morgan's Grilled Fish



Gluten Free



Dairy Free



Very Healthy

READY IN



50 min.

SERVINGS



4

CALORIES



372 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



1 tablespoon parsley dried



1 tablespoon rosemary dried



2 tablespoons thyme leaves dried



1 clove garlic minced



1 juice of lemon juiced



0.3 cup olive oil



24 ounce fillets salmon

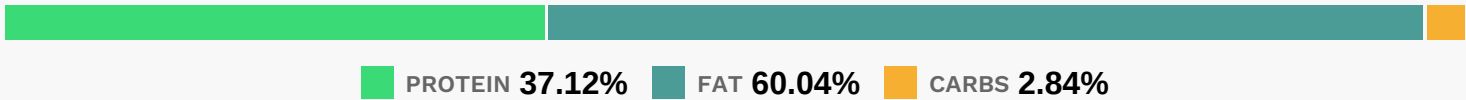
Equipment

☐ grill

Directions

- ☐ Preheat grill for medium heat.
- ☐ In a shallow glass dish, mix the olive oil, parsley, thyme, rosemary, and garlic.
- ☐ Place the salmon in the dish, turning coat. Squeeze lemon juice over each fillet. Cover, and marinate in the refrigerator for 30 minutes.
- ☐ Lightly oil grill grate.
- ☐ Transfer salmon to the grill, and discard any remaining marinade. Cook salmon on preheated grill over medium heat for 8 to 10 minutes, turning once. Fish is done when it flakes easily with a fork.

Nutrition Facts



Properties

Glycemic Index:25, Glycemic Load:0.14, Inflammation Score:-9, Nutrition Score:28.261739212534%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 22.53mg, Apigenin: 22.53mg, Apigenin: 22.53mg, Apigenin: 22.53mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 1.66mg, Isorhamnetin: 1.66mg, Isorhamnetin: 1.66mg, Isorhamnetin: 1.66mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 372.28kcal (18.61%), Fat: 24.56g (37.78%), Saturated Fat: 3.63g (22.71%), Carbohydrates: 2.62g (0.87%), Net Carbohydrates: 1.49g (0.54%), Sugar: 0.27g (0.3%), Cholesterol: 93.55mg (31.18%), Sodium: 78.93mg (3.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.16g (68.32%), Vitamin B12: 5.41µg (90.15%), Selenium: 62.38µg (89.12%), Vitamin B6: 1.43mg (71.42%), Vitamin B3: 13.54mg (67.68%), Vitamin K: 49.23µg (46.88%), Vitamin B2: 0.67mg (39.43%), Phosphorus: 348.49mg (34.85%), Vitamin B5: 2.85mg (28.5%), Vitamin B1: 0.4mg (26.77%), Potassium: 878.81mg (25.11%), Iron: 4.18mg (23.24%), Copper: 0.45mg (22.63%), Magnesium: 57.47mg (14.37%), Vitamin E: 2.15mg (14.34%), Folate: 51.96µg (12.99%), Manganese: 0.26mg (12.82%), Zinc: 1.27mg (8.45%), Calcium: 72.25mg (7.23%), Vitamin C: 5.07mg (6.14%), Fiber: 1.12g (4.5%), Vitamin A: 169.89IU (3.4%)