



Pan-Grilled Salmon with Mint



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



260 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup mint leaves fresh
- ☐ 2 tablespoons honey
- ☐ 0.5 cup rice vinegar
- ☐ 8 ounce salmon fillet ()
- ☐ 0.1 teaspoon salt
- ☐ 1 teaspoon vegetable oil

Equipment

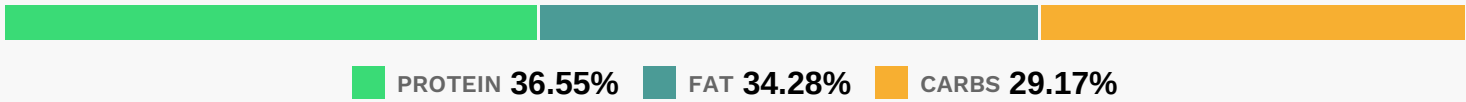
- ☐ frying pan

☐ whisk

Directions

- ☐ Combine the first 3 ingredients in a shallow dish, and stir with a wire whisk.
- ☐ Add fish, turning to coat, and marinate in refrigerator for 10 minutes.
- ☐ Remove the fish from marinade, reserving marinade.
- ☐ Coat a medium nonstick skillet with cooking spray; place over medium-high heat until hot.
- ☐ Add the fish, skin side down, and cook 5 minutes. Turn fish over; pour reserved marinade over fish, and cook 5 minutes or until fish flakes easily when tested with a fork.
- ☐ Place fish on individual serving plates; spoon pan juices over fish.
- ☐ Sprinkle with salt, and top with mint leaves.

Nutrition Facts



Properties

Glycemic Index:51.14, Glycemic Load:9.04, Inflammation Score:-4, Nutrition Score:16.87260864092%

Flavonoids

Eriodictyol: 1.74mg, Eriodictyol: 1.74mg, Eriodictyol: 1.74mg, Eriodictyol: 1.74mg Hesperetin: 0.57mg, Hesperetin: 0.57mg, Hesperetin: 0.57mg, Hesperetin: 0.57mg Apigenin: 0.3mg, Apigenin: 0.3mg, Apigenin: 0.3mg, Apigenin: 0.3mg Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg

Nutrients (% of daily need)

Calories: 260.17kcal (13.01%), Fat: 9.49g (14.6%), Saturated Fat: 1.47g (9.18%), Carbohydrates: 18.17g (6.06%), Net Carbohydrates: 17.68g (6.43%), Sugar: 17.27g (19.18%), Cholesterol: 62.37mg (20.79%), Sodium: 199.1mg (8.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.77g (45.54%), Vitamin B12: 3.61µg (60.1%), Selenium: 41.88µg (59.82%), Vitamin B6: 0.94mg (46.99%), Vitamin B3: 9.03mg (45.17%), Vitamin B2: 0.45mg (26.7%), Phosphorus: 234.29mg (23.43%), Vitamin B5: 1.92mg (19.2%), Vitamin B1: 0.26mg (17.39%), Potassium: 599.88mg (17.14%), Copper: 0.31mg (15.67%), Magnesium: 38.45mg (9.61%), Folate: 35.18µg (8.8%), Iron: 1.3mg (7.23%), Manganese: 0.14mg (6.83%), Vitamin A: 284.31IU (5.69%), Zinc: 0.84mg (5.61%), Vitamin K: 4.14µg (3.94%), Calcium: 32.45mg (3.25%), Vitamin C: 1.89mg (2.3%), Fiber: 0.49g (1.97%), Vitamin E: 0.18mg (1.23%)