



Rocky Mountain Salmon



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



117 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup firmly brown sugar packed
- ☐ 2 tablespoons butter
- ☐ 2 tablespoons cooking wine dry white
- ☐ 1 tablespoon juice of lemon
- ☐ 1 fillet salmon with skin 2 lb.; see notes
- ☐ 2 tablespoons soya sauce

Equipment

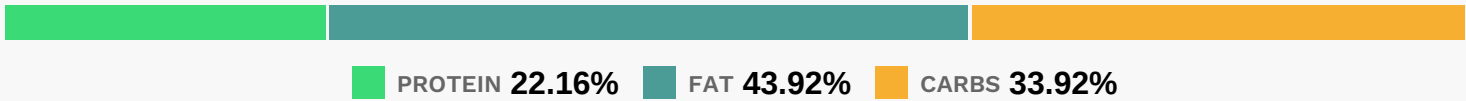
- ☐ bowl

- ☐ oven
- ☐ baking pan
- ☐ grill
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ microwave
- ☐ spatula

Directions

- ☐ In a microwave-safe 9- by 13-inch baking dish, combine brown sugar, wine, soy sauce, butter, and lemon juice.
- ☐ Heat in a microwave oven at full power (100%) until boiling, about 2 minutes, stirring several times.
- ☐ Let cool 10 to 15 minutes.
- ☐ Rinse salmon, pat dry, and lay skin side up in sugar-soy marinade. Cover and chill at least 1 hour or up to 1 day.
- ☐ Lift salmon from marinade, drain (reserve marinade), and lay skin side down on a sheet of heavy foil. Trim foil to outline of fish.
- ☐ Transfer fish on foil to a grill over a solid bed of hot coals or high heat on a gas grill (you can hold your hand at grill level only 2 to 3 seconds). Cover barbecue; open vents for charcoal. Cook until salmon is opaque but still moist-looking in center of thickest part (cut to test), or 140 on a thermometer, 20 to 25 minutes. With 2 wide spatulas, transfer fish to a platter.
- ☐ Return marinade to microwave oven and heat at full power until boiling, 1 to 2 minutes, stirring several times.
- ☐ Pour into a small bowl.
- ☐ Cut fish into portions, lift from skin onto plates, and add marinade to taste.

Nutrition Facts



Properties

Glycemic Index:5, Glycemic Load:0.06, Inflammation Score:-2, Nutrition Score:4.6356521580854%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 116.87kcal (5.84%), Fat: 5.57g (8.56%), Saturated Fat: 1.06g (6.62%), Carbohydrates: 9.67g (3.22%), Net Carbohydrates: 9.62g (3.5%), Sugar: 9.1g (10.12%), Cholesterol: 15.58mg (5.19%), Sodium: 394.48mg (17.15%), Alcohol: 0.51g (100%), Alcohol %: 1.17% (100%), Protein: 6.32g (12.63%), Vitamin B12: 0.91µg (15.09%), Selenium: 10.51µg (15.01%), Vitamin B6: 0.25mg (12.58%), Vitamin B3: 2.48mg (12.41%), Vitamin B2: 0.12mg (7.04%), Phosphorus: 67.01mg (6.7%), Vitamin B5: 0.52mg (5.16%), Potassium: 171.83mg (4.91%), Vitamin B1: 0.07mg (4.59%), Copper: 0.08mg (4.19%), Vitamin A: 178.41IU (3.57%), Magnesium: 12.23mg (3.06%), Iron: 0.45mg (2.5%), Manganese: 0.05mg (2.32%), Folate: 8.85µg (2.21%), Zinc: 0.22mg (1.45%), Calcium: 14.21mg (1.42%), Vitamin C: 0.98mg (1.18%)