



Salmon With Grilled Vegetables



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



393 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 3 tablespoons brown sugar
- ☐ 0.5 teaspoon ground pepper red
- ☐ 0.3 cup dijon honey mustard
- ☐ 3 tablespoons juice of lemon
- ☐ 3 tablespoons soya sauce low-sodium
- ☐ 1 pound onions red
- ☐ 24 ounce salmon steaks ()

- ☐ 0.1 teaspoon salt
- ☐ 1 teaspoon vegetable oil
- ☐ 4 small zucchini cut lengthwise into 1/4-inch-thick slices (1 pound)

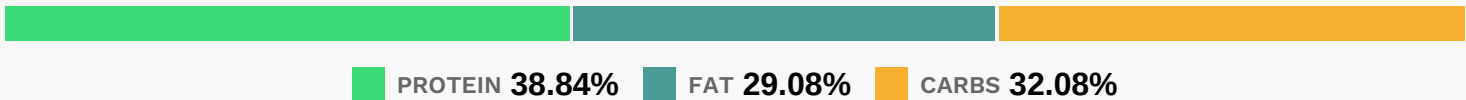
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ grill
- ☐ grill pan

Directions

- ☐ Peel onions, leaving root intact; cut each onion into 8 wedges.
- ☐ Combine mustard and next 7 ingredients (mustard through salt) in a small bowl; reserve 1/4 cup mustard mixture.
- ☐ Place onion, zucchini, and salmon in a large shallow dish.
- ☐ Drizzle with remaining mustard mixture; cover and marinate in refrigerator 1 hour.
- ☐ Place a grill pan coated with cooking spray over medium heat until hot.
- ☐ Place zucchini on pan; grill 2 minutes on each side or until tender.
- ☐ Remove zucchini; keep warm.
- ☐ Place onions on pan; grill 3 minutes on each side or until tender.
- ☐ Remove onions; keep warm.
- ☐ Place salmon on pan; grill 5 minutes on each side or until fish flakes easily when tested with a fork.
- ☐ Drizzle salmon and vegetables with reserved mustard mixture.

Nutrition Facts



Properties

Glycemic Index:26.5, Glycemic Load:2.77, Inflammation Score:-8, Nutrition Score:32.276087066402%

Flavonoids

Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 5.68mg, Isorhamnetin: 5.68mg, Isorhamnetin: 5.68mg, Isorhamnetin: 5.68mg Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 23.84mg, Quercetin: 23.84mg, Quercetin: 23.84mg, Quercetin: 23.84mg

Nutrients (% of daily need)

Calories: 392.96kcal (19.65%), Fat: 12.51g (19.25%), Saturated Fat: 2.01g (12.55%), Carbohydrates: 31.06g (10.35%), Net Carbohydrates: 27.71g (10.08%), Sugar: 19.97g (22.19%), Cholesterol: 93.55mg (31.18%), Sodium: 674.06mg (29.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.61g (75.23%), Vitamin B12: 5.41µg (90.15%), Selenium: 63.1µg (90.15%), Vitamin B6: 1.75mg (87.74%), Vitamin B3: 14.21mg (71.07%), Vitamin B2: 0.82mg (48.3%), Phosphorus: 440.23mg (44.02%), Vitamin C: 34.06mg (41.28%), Potassium: 1381.19mg (39.46%), Vitamin B1: 0.5mg (33.22%), Vitamin B5: 3.28mg (32.79%), Copper: 0.55mg (27.41%), Folate: 100.32µg (25.08%), Manganese: 0.48mg (23.87%), Magnesium: 92.48mg (23.12%), Fiber: 3.36g (13.43%), Iron: 2.32mg (12.86%), Zinc: 1.77mg (11.81%), Vitamin A: 412.37IU (8.25%), Calcium: 78.64mg (7.86%), Vitamin K: 8.21µg (7.82%), Vitamin E: 0.4mg (2.66%)