






 **76%**
HEALTH SCORE

Salmon with Lemon, Capers, and Rosemary

 **Gluten Free**  **Dairy Free**  **Very Healthy**  **Low Fod Map**

READY IN

30 min.

SERVINGS

4

CALORIES

477 kcal

LUNCH **MAIN COURSE** **MAIN DISH** **DINNER**

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 4 teaspoons capers
- 1 tablespoon rosemary leaves fresh minced
- 8 optional: lemon (2 lemons)
- 0.3 cup juice of lemon (1 lemon)
- 0.5 cup marsala wine (or white wine)
- 0.3 cup olive oil extra-virgin
- 24 ounce salmon fillet

0.5 teaspoon salt

Equipment

grill

aluminum foil

grill pan

Directions

Watch how to make this recipe.

Brush top and bottom of salmon fillets with olive oil and season with salt, pepper, and rosemary.

Place each piece of seasoned salmon on a piece of foil large enough to fold over and seal. Top the each piece of salmon with 2 lemon slices, 1 tablespoon of lemon juice, 2 tablespoons of wine, and 1 teaspoon of capers. Wrap up salmon tightly in the foil packets.

Place a grill pan over medium-high heat or preheat a gas or charcoal grill.

Place the foil packets on the hot grill and cook for 10 minutes for a 1-inch thick piece of salmon.

Serve in the foil packets.

Nutrition Facts


PROTEIN 30.71% **FAT 47.6%** **CARBS 21.69%**

Properties

Glycemic Index:14.38, Glycemic Load:3.62, Inflammation Score:-8, Nutrition Score:33.078260763832%

Flavonoids

Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg Delphinidin: 1.17mg, Delphinidin: 1.17mg, Delphinidin: 1.17mg, Delphinidin: 1.17mg Malvidin: 28.45mg, Malvidin: 28.45mg, Malvidin: 28.45mg, Malvidin: 28.45mg Peonidin: 1.18mg, Peonidin: 1.18mg, Peonidin: 1.18mg, Peonidin: 1.18mg Catechin: 2.96mg, Catechin: 2.96mg, Catechin: 2.96mg, Catechin: 2.96mg Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg Eriodictyol: 46.88mg, Eriodictyol: 46.88mg, Eriodictyol: 46.88mg, Eriodictyol: 46.88mg Hesperetin: 62.47mg, Hesperetin: 62.47mg, Hesperetin: 62.47mg, Hesperetin: 62.47mg Naringenin: 1.52mg, Naringenin: 1.52mg, Naringenin: 1.52mg, Naringenin: 1.52mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg

Luteolin: 4.13mg, Luteolin: 4.13mg, Luteolin: 4.13mg, Luteolin: 4.13mg Kaempferol: 2.69mg, Kaempferol: 2.69mg, Kaempferol: 2.69mg, Kaempferol: 2.69mg Myricetin: 1.08mg, Myricetin: 1.08mg, Myricetin: 1.08mg, Myricetin: 1.08mg Quercetin: 6.55mg, Quercetin: 6.55mg, Quercetin: 6.55mg, Quercetin: 6.55mg

Nutrients (% of daily need)

Calories: 476.62kcal (23.83%), Fat: 25.02g (38.5%), Saturated Fat: 3.64g (22.78%), Carbohydrates: 25.65g (8.55%), Net Carbohydrates: 19.36g (7.04%), Sugar: 8.13g (9.03%), Cholesterol: 93.55mg (31.18%), Sodium: 428.53mg (18.63%), Alcohol: 4.59g (100%), Alcohol %: 1.3% (100%), Protein: 36.33g (72.65%), Vitamin C: 120.58mg (146.15%), Selenium: 63.15µg (90.22%), Vitamin B12: 5.41µg (90.15%), Vitamin B6: 1.57mg (78.7%), Vitamin B3: 13.68mg (68.42%), Vitamin B2: 0.7mg (41.25%), Phosphorus: 379.6mg (37.96%), Potassium: 1182.52mg (33.79%), Vitamin B5: 3.28mg (32.78%), Vitamin B1: 0.48mg (32.05%), Copper: 0.53mg (26.68%), Fiber: 6.29g (25.17%), Magnesium: 71.77mg (17.94%), Folate: 70.38µg (17.6%), Iron: 2.91mg (16.17%), Vitamin E: 2.31mg (15.41%), Vitamin K: 9.03µg (8.6%), Manganese: 0.17mg (8.43%), Zinc: 1.26mg (8.41%), Calcium: 83.69mg (8.37%), Vitamin A: 135.22IU (2.7%)