



Salmon with Lemon, Capers and Rosemary

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



430 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 teaspoons capers drained and rinsed
- ☐ 1 tablespoon rosemary leaves fresh minced
- ☐ 4 servings charcoal grill
- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 4 slices optional: lemon
- ☐ 4 tablespoons juice of lemon from 1 large lemon
- ☐ 8 tablespoons marsala wine
- ☐ 0.3 cup olive oil extra-virgin

☐ 16 ounce salmon fillet skinless

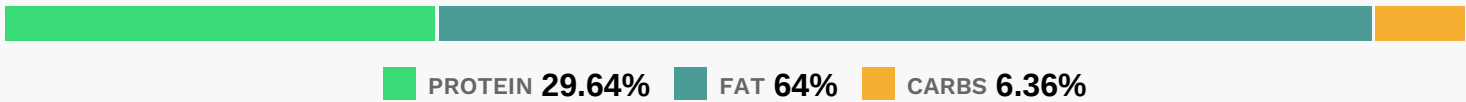
Equipment

- ☐ bowl
- ☐ grill
- ☐ aluminum foil
- ☐ grill pan

Directions

- ☐ Put each salmon fillet on a piece of foil large enough to fold over and seal.
- ☐ Brush the salmon on both sides with olive oil; season with 1/2 teaspoon each salt and pepper, and the rosemary. Top each fillet with 1 lemon slice, 1 tablespoon lemon juice, 2 tablespoons wine and 1 teaspoon capers. Wrap the salmon tightly in the foil packets.
- ☐ Put the foil packets on the hot grill pan or grill rack and cook until medium, 8 to 10 minutes.
- ☐ Transfer the foil packets to plates or shallow bowls and serve, letting everyone open the foil.
- ☐ Photograph by Kana Okada

Nutrition Facts



Properties

Glycemic Index:14.38, Glycemic Load:0.13, Inflammation Score:-5, Nutrition Score:18.852173991825%

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: 2.23mg, Eriodictyol: 2.23mg, Eriodictyol: 2.23mg, Eriodictyol: 2.23mg Hesperetin: 4.12mg, Hesperetin: 4.12mg, Hesperetin: 4.12mg, Hesperetin: 4.12mg Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 2.63mg, Kaempferol: 2.63mg, Kaempferol: 2.63mg, Kaempferol: 2.63mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg

Quercetin: 4.17mg, Quercetin: 4.17mg, Quercetin: 4.17mg, Quercetin: 4.17mg

Nutrients (% of daily need)

Calories: 429.56kcal (21.48%), Fat: 28.18g (43.35%), Saturated Fat: 8.1g (50.65%), Carbohydrates: 6.3g (2.1%), Net Carbohydrates: 5.87g (2.14%), Sugar: 3.05g (3.38%), Cholesterol: 62.37mg (20.79%), Sodium: 468.69mg (20.38%), Alcohol: 4.59g (100%), Alcohol %: 2.75% (100%), Protein: 29.36g (58.72%), Vitamin B12: 3.61µg (60.1%), Selenium: 41.61µg (59.45%), Vitamin B6: 0.94mg (47.13%), Vitamin B3: 9.02mg (45.08%), Calcium: 321.69mg (32.17%), Vitamin B2: 0.44mg (26.1%), Phosphorus: 232.5mg (23.25%), Vitamin B5: 1.94mg (19.35%), Vitamin B1: 0.27mg (17.92%), Potassium: 613.96mg (17.54%), Copper: 0.31mg (15.62%), Vitamin E: 2mg (13.3%), Vitamin C: 9.71mg (11.77%), Magnesium: 38.33mg (9.58%), Vitamin K: 8.78µg (8.36%), Folate: 33.14µg (8.29%), Iron: 1.19mg (6.58%), Zinc: 0.77mg (5.14%), Manganese: 0.08mg (3.84%), Fiber: 0.43g (1.72%), Vitamin A: 65.73IU (1.31%)