



Spiced Salmon Kebabs



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



25 min.

SERVINGS



4

CALORIES



334 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon ground cumin
- ☐ 1 teaspoon kosher salt
- ☐ 2 optional: lemon very thinly sliced into rounds
- ☐ 2 tablespoons olive oil
- ☐ 2 tablespoons oregano fresh chopped
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 1.5 pounds salmon fillet wild skinless cut into 1" pieces (preferably)
- ☐ 2 teaspoons sesame seed

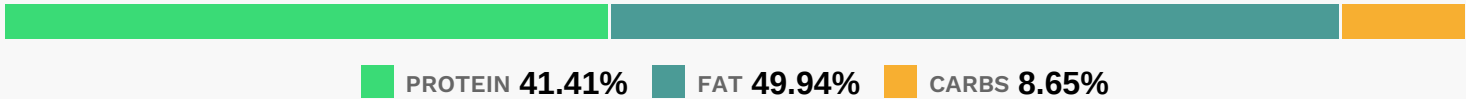
Equipment

- ☐ bowl
- ☐ grill
- ☐ skewers

Directions

- ☐ Prepare grill for medium heat.
- ☐ Mix oregano, sesame seeds, cumin, salt, and red pepper flakes in a small bowl to combine; set spice mixture aside.
- ☐ Beginning and ending with salmon, thread salmon and folded lemon slices onto 8 pairs of parallel skewers to make 8 kebabs total.
- ☐ Brush with oil and season with reserved spice mixture.
- ☐ Grill, turning occasionally, until fish is opaque throughout, 5–8 minutes.
- ☐ Per serving: 390 calories, 22 g fat, 1 g fiber
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:17.63, Glycemic Load:0.98, Inflammation Score:-10, Nutrition Score:28.828695763712%

Flavonoids

Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.03mg, Luteolin: 1.03mg, Luteolin: 1.03mg, Luteolin: 1.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

Nutrients (% of daily need)

Calories: 333.66kcal (16.68%), Fat: 18.68g (28.74%), Saturated Fat: 2.77g (17.34%), Carbohydrates: 7.27g (2.42%),
Net Carbohydrates: 4.49g (1.63%), Sugar: 1.48g (1.64%), Cholesterol: 93.55mg (31.18%), Sodium: 661.06mg
(28.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.85g (69.7%), Vitamin B12: 5.41µg (90.15%),
Selenium: 62.81µg (89.73%), Vitamin B6: 1.47mg (73.67%), Vitamin B3: 13.62mg (68.11%), Vitamin B2: 0.68mg
(39.74%), Phosphorus: 361.69mg (36.17%), Vitamin C: 28.72mg (34.81%), Vitamin B5: 2.96mg (29.58%), Vitamin B1:
0.42mg (28.12%), Potassium: 955.74mg (27.31%), Copper: 0.51mg (25.4%), Vitamin K: 19.92µg (18.97%), Iron: 3.15mg
(17.49%), Magnesium: 65.94mg (16.48%), Folate: 55.44µg (13.86%), Fiber: 2.79g (11.15%), Vitamin E: 1.61mg (10.75%),
Manganese: 0.21mg (10.65%), Calcium: 89.62mg (8.96%), Zinc: 1.3mg (8.64%), Vitamin A: 165.95IU (3.32%)