



HEALTH SCORE

59%

Sugar Glazed Salmon



Gluten Free



Dairy Free



Very Healthy

READY IN



60 min.

SERVINGS



1

CALORIES



1530 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 2 teaspoons basil dried
- ☐ 2 cloves garlic crushed
- ☐ 1 teaspoon garlic salt
- ☐ 2 tablespoons olive oil
- ☐ 0.5 cup red wine vinegar
- ☐ 1.3 pounds salmon fillet
- ☐ 1 teaspoon water

☐ 0.5 cup sugar white

Equipment

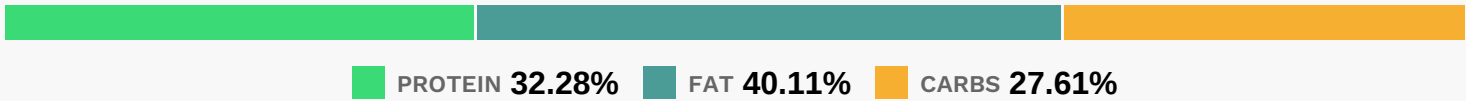
☐ baking pan

☐ grill

Directions

- ☐ In a shallow baking pan, combine the olive oil, water, red wine vinegar, garlic, garlic salt, black pepper and basil.
- ☐ Place salmon filet in the marinade meat side down, if skin is still on. Marinate for 30 minutes.
- ☐ Preheat an outdoor grill for medium heat and lightly oil grate.
- ☐ Coat the salmon filet lightly with sugar.
- ☐ Place on grill and cook 12 minutes per side. Baste with marinade periodically while cooking. Salmon is done, when it flakes easily with a fork.

Nutrition Facts



Properties

Glycemic Index:132.09, Glycemic Load:70.49, Inflammation Score:-8, Nutrition Score:54.562608438989%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 1530.14kcal (76.51%), Fat: 66.81g (102.78%), Saturated Fat: 9.86g (61.62%), Carbohydrates: 103.5g (34.5%), Net Carbohydrates: 102.37g (37.23%), Sugar: 99.9g (111%), Cholesterol: 332.63mg (110.88%), Sodium: 2605.7mg (113.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 120.98g (241.97%), Vitamin B12: 19.23µg (320.54%), Selenium: 222.32µg (317.59%), Vitamin B6: 5.05mg (252.56%), Vitamin B3: 47.69mg (238.44%), Vitamin B2: 2.35mg (138.21%), Phosphorus: 1235.38mg (123.54%), Vitamin B5: 10.13mg (101.3%), Vitamin B1: 1.38mg (92.1%), Potassium: 3102.79mg (88.65%), Copper: 1.61mg (80.34%), Vitamin K: 52.88µg (50.37%), Magnesium: 197.71mg (49.43%), Iron: 7.6mg (42.21%), Folate: 157.75µg (39.44%), Manganese: 0.59mg (29.28%), Vitamin E: 4.26mg (28.41%), Zinc: 4.15mg

(27.64%), Calcium: 142.7mg (14.27%), Vitamin A: 262.81IU (5.26%), Fiber: 1.13g (4.53%), Vitamin C: 2.49mg (3.01%)