



## Sweet and Spicy Grilled Salmon

 Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



373 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 teaspoon cayenne pepper
- 8 stalks celery sliced in half moons on an angle
- 1 tablespoon chives snipped
- 1 tablespoon brown sugar dark packed
- 2 tablespoons hot sauce such as frank's
- 4 servings kosher salt and pepper black freshly ground
- 2 tablespoons mayonnaise light
- 0.5 small onion red very thinly sliced

- 20 ounce center-cut skin-on salmon fillets
- 1 teaspoon paprika smoked
- 4 servings vegetable oil for oiling the grill

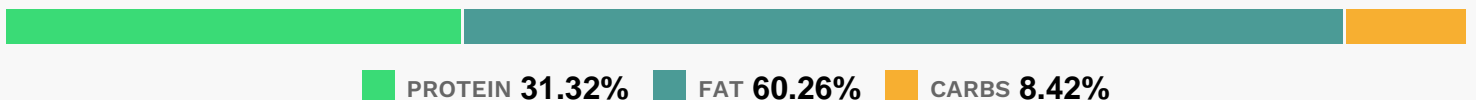
## Equipment

- bowl
- whisk
- grill
- grill pan

## Directions

- Preheat an outdoor grill or grill pan on medium high.
- Mix together the hot sauce, brown sugar, paprika and cayenne in a small bowl.
- Transfer 1 tablespoon of the mixture to a large bowl and whisk in the mayonnaise; set aside the rest of the sauce.
- Add the chives, celery and onions to the bowl with the mayonnaise and toss well.
- Sprinkle the salmon with salt and pepper.
- Brush the grill grate lightly with oil.
- Lay the salmon on the grill, skin-side up, and cook until distinct grill marks appear and the salmon releases easily from the grate, 2 to 3 minutes. Turn and brush the fish with some of the reserved sauce. Continue to cook the fish, brushing the pieces periodically with the sauce, until the salmon fillets are glazed and just cooked through, 13 to 15 minutes more.
- Transfer the fillets to individual plates and serve with the celery slaw.

## Nutrition Facts



## Properties

Glycemic Index:45.75, Glycemic Load:0.68, Inflammation Score:-7, Nutrition Score:25.685217276863%

## Flavonoids

Apigenin: 2.28mg, Apigenin: 2.28mg, Apigenin: 2.28mg, Apigenin: 2.28mg Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg Isorhamnetin: 0.74mg, Isorhamnetin: 0.74mg, Isorhamnetin: 0.74mg, Isorhamnetin: 0.74mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Quercetin: 3.14mg, Quercetin: 3.14mg, Quercetin: 3.14mg, Quercetin: 3.14mg

## **Nutrients (% of daily need)**

Calories: 372.8kcal (18.64%), Fat: 24.81g (38.17%), Saturated Fat: 3.83g (23.92%), Carbohydrates: 7.8g (2.6%), Net Carbohydrates: 6.01g (2.19%), Sugar: 4.98g (5.53%), Cholesterol: 79.08mg (26.36%), Sodium: 357.86mg (15.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.01g (58.02%), Vitamin B12: 4.51µg (75.13%), Selenium: 52.4µg (74.86%), Vitamin B6: 1.26mg (63.09%), Vitamin B3: 11.5mg (57.5%), Vitamin K: 55.42µg (52.78%), Vitamin B2: 0.6mg (35.39%), Phosphorus: 311.1mg (31.11%), Potassium: 955.62mg (27.3%), Vitamin B5: 2.6mg (26.04%), Vitamin B1: 0.35mg (23.28%), Copper: 0.4mg (19.94%), Folate: 68.73µg (17.18%), Vitamin A: 763.08IU (15.26%), Magnesium: 53.58mg (13.4%), Vitamin E: 1.71mg (11.4%), Vitamin C: 8.9mg (10.78%), Iron: 1.53mg (8.47%), Manganese: 0.15mg (7.72%), Zinc: 1.08mg (7.18%), Fiber: 1.79g (7.14%), Calcium: 58.07mg (5.81%)