



Tiffany's Tips for Grilled Salmon



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



407 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup matchstick-cut carrots
- ☐ 2 tablespoons ginger fresh minced
- ☐ 0.3 cup honey
- ☐ 2 tablespoons rice vinegar
- ☐ 24 ounce salmon fillet
- ☐ 2 teaspoons sesame oil
- ☐ 8 ounce snow peas
- ☐ 0.5 cup teriyaki sauce

- ☐ 8 ounce mushrooms white sliced

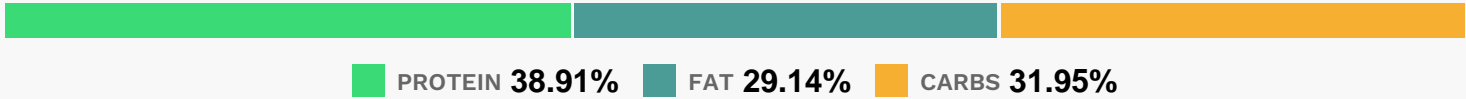
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ baking pan
- ☐ grill
- ☐ aluminum foil
- ☐ tongs
- ☐ oven mitt

Directions

- ☐ Preheat grill to medium-high or oven to 450 degrees F.
- ☐ Mix teriyaki sauce, honey, rice vinegar, minced ginger, sesame oil and red pepper flakes in a small bowl; set aside.
- ☐ Place a sheet of Reynolds Wrap® Non-Stick Aluminum Foil on counter with non-stick (dull) side facing up.
- ☐ Place a salmon fillet and 1/4 of the vegetables in center of foil. Spoon 1 tablespoon teriyaki mixture over fillet.
- ☐ Bring up sides of foil; fold down two times. Double fold both ends of foil to seal packet, leaving room for heat circulation inside. Repeat to make four packets. Reserve remaining teriyaki mixture to serve with salmon.
- ☐ Place packets on baking pan with 1-inch sides to transport to grill or bake in oven.
- ☐ Slide packets onto grill.
- ☐ Grill 8 to 10 minutes in covered grill – OR – BAKE 15 to 20 minutes or until salmon is desired doneness. If grilling, use tongs or oven mitts to slide hot packets back onto pan and transport. Open packets carefully by cutting along top folds with a sharp knife, allowing steam to escape.
- ☐ Serve with hot cooked rice, drizzled with remaining teriyaki sauce if desired.

Nutrition Facts



Properties

Glycemic Index:37.32, Glycemic Load:9.6, Inflammation Score:-10, Nutrition Score:38.470869292384%

Nutrients (% of daily need)

Calories: 407.4kcal (20.37%), Fat: 13.17g (20.25%), Saturated Fat: 2.02g (12.61%), Carbohydrates: 32.47g (10.82%), Net Carbohydrates: 29.35g (10.67%), Sugar: 27.45g (30.5%), Cholesterol: 93.55mg (31.18%), Sodium: 1485.17mg (64.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.55g (79.11%), Vitamin A: 5097.16IU (101.94%), Selenium: 68.67µg (98.1%), Vitamin B12: 5.43µg (90.53%), Vitamin B3: 16.44mg (82.22%), Vitamin B6: 1.62mg (81.07%), Vitamin B2: 0.97mg (56.8%), Phosphorus: 485.76mg (48.58%), Vitamin C: 36.32mg (44.03%), Vitamin B5: 4.33mg (43.26%), Potassium: 1309.72mg (37.42%), Copper: 0.73mg (36.72%), Vitamin B1: 0.54mg (35.78%), Magnesium: 95.21mg (23.8%), Folate: 88.31µg (22.08%), Iron: 3.83mg (21.29%), Vitamin K: 17.46µg (16.63%), Manganese: 0.27mg (13.49%), Fiber: 3.12g (12.47%), Zinc: 1.69mg (11.24%), Calcium: 68.04mg (6.8%), Vitamin E: 0.26mg (1.76%)