



Wild Alaskan Salmon Fillet

 **Gluten Free**  **Dairy Free**

READY IN



35 min.

SERVINGS



12

CALORIES



185 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 tablespoon pepper black freshly ground
- 2 tablespoons celery seed
- 1 tablespoon chili powder
- 2 tablespoons marjoram dried
- 1 tablespoon garlic powder
- 1 tablespoon ground nutmeg
- 1 tablespoon kosher salt
- 1.5 tablespoons brown sugar light

- 12 servings olive oil extra-virgin
- 1 tablespoon onion salt
- 1 tablespoon paprika
- 2 sides of alaskan salmon

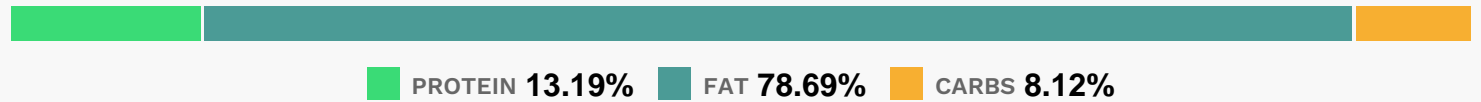
Equipment

- grill

Directions

- Combine all spices. Generously rub the spice mixture on the flesh side of the salmon and drizzle with a light coat of oil.
- Place the salmon on the grill, flesh side first.
- Let cook for about 7 to 10 minutes each side.

Nutrition Facts



Properties

Glycemic Index:10.17, Glycemic Load:0.22, Inflammation Score:-5, Nutrition Score:7.3091304703899%

Flavonoids

Apigenin: 0.81mg, Apigenin: 0.81mg, Apigenin: 0.81mg, Apigenin: 0.81mg Luteolin: 7.64mg, Luteolin: 7.64mg, Luteolin: 7.64mg, Luteolin: 7.64mg

Nutrients (% of daily need)

Calories: 184.57kcal (9.23%), Fat: 16.48g (25.35%), Saturated Fat: 2.42g (15.14%), Carbohydrates: 3.83g (1.28%), Net Carbohydrates: 2.83g (1.03%), Sugar: 1.77g (1.97%), Cholesterol: 15.58mg (5.19%), Sodium: 1189.69mg (51.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.21g (12.43%), Vitamin E: 2.47mg (16.44%), Selenium: 10.86µg (15.52%), Vitamin B12: 0.9µg (15.02%), Vitamin B6: 0.29mg (14.26%), Vitamin B3: 2.43mg (12.14%), Vitamin K: 12.49µg (11.9%), Vitamin A: 527.06IU (10.54%), Manganese: 0.21mg (10.5%), Iron: 1.39mg (7.74%), Vitamin B2: 0.13mg (7.48%), Phosphorus: 71.84mg (7.18%), Copper: 0.12mg (5.85%), Potassium: 203.22mg (5.81%), Vitamin B1: 0.08mg (5.16%), Vitamin B5: 0.51mg (5.06%), Magnesium: 18.4mg (4.6%), Fiber: 1g (3.98%), Calcium: 37.16mg (3.72%), Zinc: 0.36mg (2.39%), Folate: 9.43µg (2.36%)