



 **79%**
HEALTH SCORE

Yankee Creek Ranch Salmon

 **Gluten Free**  **Dairy Free**  **Very Healthy**  **Low Fod Map**

READY IN



45 min.

SERVINGS



6

CALORIES



326 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 teaspoons pepper
- 6 servings fries
- 48 ounce salmon fillet
- 2 teaspoons salt
- 6 servings frangelico
- 6 servings frangelico

Equipment

- grill

aluminum foil

Directions

- Soak chips in water to cover 8 hours; drain well. Wrap chips in heavy-duty aluminum foil, and make several holes in foil.
- Sprinkle salmon with salt and pepper; cover and set aside.
- Prepare grill, placing foil-wrapped chips directly on hot coals.
- Place salmon, skin side down, on grill rack coated with cooking spray. Grill, covered, 5 to 7 minutes on each side or until fish flakes with a fork.
- Serve with Buerre Rouge.

Nutrition Facts

 **PROTEIN 57.4%**  **FAT 41.67%**  **CARBS 0.93%**

Properties

Glycemic Index:16.06, Glycemic Load:0.25, Inflammation Score:-4, Nutrition Score:29.40391295387%

Nutrients (% of daily need)

Calories: 326.32kcal (16.32%), Fat: 14.55g (22.38%), Saturated Fat: 2.28g (14.25%), Carbohydrates: 0.73g (0.24%), Net Carbohydrates: 0.51g (0.19%), Sugar: 0g (0%), Cholesterol: 124.74mg (41.58%), Sodium: 879.98mg (38.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 45.09g (90.19%), Vitamin B12: 7.21µg (120.2%), Selenium: 82.82µg (118.31%), Vitamin B6: 1.86mg (92.95%), Vitamin B3: 17.86mg (89.28%), Vitamin B2: 0.86mg (50.78%), Phosphorus: 455.42mg (45.54%), Vitamin B5: 3.79mg (37.89%), Vitamin B1: 0.51mg (34.27%), Potassium: 1124.62mg (32.13%), Copper: 0.58mg (28.84%), Magnesium: 67.11mg (16.78%), Folate: 57.03µg (14.26%), Iron: 1.9mg (10.55%), Zinc: 1.46mg (9.76%), Manganese: 0.13mg (6.28%), Calcium: 30.74mg (3.07%), Vitamin A: 94.37IU (1.89%), Vitamin K: 1.09µg (1.04%)