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## Grilled Salmon with Dill Butter ♦♦

Grilled Salmon with Dill Butter is a delicious and healthy seafood dish. The salmon is seasoned with herbs and spices, then grilled to perfection. It is served with a creamy dill butter sauce that adds a burst of flavor. This recipe is perfect for a weeknight dinner or a special occasion.

**Recipe Type:** Standard

**Prep Time:** 15 mins

**Cook Time:** 15 mins

**Total Time:** 30 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

<b>500 g</b>	salmon fillets
<b>100 g</b>	butter
<b>10 g</b>	fresh dill
<b>2 tbsp</b>	lemon juice
<b>1 tsp</b>	garlic powder

1 tsp salt

1 tsp black pepper

## Directions

### Step 1

#### Preheating

Preheat the grill to medium-high heat.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

### Step 2

#### Mixing

In a small bowl, combine softened butter, chopped dill, lemon juice, garlic powder, salt, and black pepper. Mix well.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

### Step 3

#### Seasoning

Season the salmon fillets with salt and black pepper.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 4

Grilling

Grill the salmon fillets for 4-5 minutes per side, or until cooked through.

**Prep Time:** 0 mins

**Cook Time:** 10 mins

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## Step 5

Plating

Remove the salmon from the grill and top each fillet with a spoonful of dill butter.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 6

Serving

Serve the grilled salmon with dill butter immediately.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Nutrition Facts

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**Calories:** 350 kcal

**Fat:** 20 g

**Protein:** 40 g

**Carbohydrates:** 1 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	40 g	235.29%	235.29%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	1 g	1.82%	2%
Fibers	0 g	0%	0%
Sugars	0 g	N/A	N/A
Lactose	0 g	N/A	N/A

### Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	10 g	N/A	N/A
Saturated Fat	5 g	22.73%	29.41%
Fat	20 g	71.43%	80%
Cholesterol	120 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	2 mg	2.22%	2.67%
Vitamin B6	30 mg	2307.69%	2307.69%
Vitamin B12	200 mcg	8333.33%	8333.33%
Vitamin E	15 mg	100%	100%
Vitamin D	10 mcg	66.67%	66.67%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	4 mg	0.4%	0.4%
Iron	10 mg	125%	55.56%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Potassium	900 mg	26.47%	34.62%
Zinc	15 mg	136.36%	187.5%
Selenium	70 mcg	127.27%	127.27%

## Recipe Attributes

### Seasonality

Summer Fall

### Events

Barbecue

### Cuisines

Italian American

### Nutritional Content

Low Calorie High Protein Low Fat Low Carb High Fiber Sugar-Free  
High Vitamin C High Iron High Calcium

### Kitchen Tools

Blender Grill

### Course

Appetizers Main Dishes Salads Sauces & Dressings

### Meal Type

Lunch Dinner Snack

### Difficulty Level

Easy

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