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Balsamic Salmon ♦

Balsamic Salmon is a delicious and healthy dish that is perfect for any occasion. The salmon is marinated in a tangy balsamic glaze and then grilled to perfection. It is served with a side of roasted vegetables and a fresh salad. This recipe is easy to make and is sure to impress your guests.

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

500 g	salmon fillets
4 tbsp	balsamic vinegar
2 tbsp	olive oil
2 cloves	garlic

1 tsp	Salt
1 tsp	Black pepper
500 g	mixed vegetables (e.g., bell peppers, zucchini, cherry tomatoes)
200 g	lettuce
200 g	Tomatoes
200 g	cucumber
100 g	red onion
4 tbsp	balsamic dressing

Directions

Step 1

Mixing

In a small bowl, whisk together balsamic vinegar, olive oil, minced garlic, salt, and black pepper.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Resting

Place salmon fillets in a shallow dish and pour the balsamic marinade over them. Let them marinate for at least 10 minutes.

Prep Time: 10 mins

Cook Time: 0 mins

Step 3

Grilling

Preheat grill to medium-high heat. Place the marinated salmon fillets on the grill and cook for about 6-8 minutes per side, or until the salmon is cooked through.

Prep Time: 0 mins

Cook Time: 15 mins

Step 4

Roasting

While the salmon is cooking, prepare the roasted vegetables. Toss the mixed vegetables with olive oil, salt, and black pepper. Place them on a baking sheet and roast in the oven at 400°F for about 15 minutes, or until they are tender.

Prep Time: 5 mins

Cook Time: 15 mins

Step 5

Mixing

In a large bowl, combine lettuce, tomatoes, cucumber, and red onion. Drizzle with balsamic dressing and toss to coat.

Prep Time: 5 mins

Cook Time: 0 mins

Step 6

Serving

Serve the grilled salmon with roasted vegetables and the fresh salad on the side.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 300 kcal

Fat: 15 g

Protein: 30 g

Carbohydrates: 10 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Protein	30 g	176.47%	176.47%
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Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	10 g	18.18%	20%
Fibers	3 g	7.89%	12%
Sugars	5 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	2 g	9.09%	11.76%
Fat	15 g	53.57%	60%
Cholesterol	80 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	20 mg	22.22%	26.67%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin B6	15 mg	1153.85%	1153.85%
Vitamin B12	50 mcg	2083.33%	2083.33%
Vitamin E	6 mg	40%	40%
Vitamin D	2 mcg	13.33%	13.33%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	4 mg	0.4%	0.4%
Iron	8 mg	100%	44.44%
Potassium	600 mg	17.65%	23.08%
Zinc	10 mg	90.91%	125%
Selenium	70 mcg	127.27%	127.27%

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Slow Cooker

Blender

Microwave

Nutritional Content

Low Calorie

Cuisines

Italian

Diet

Anti-Inflammatory Diet

Meal Type

Breakfast

Lunch

Snack

Supper

Dinner

Events

Picnic

Healthy For

Gastroesophageal reflux disease (GERD)

Cooking Method

Boiling

Simmering

Serving

Cooking

None

Stir-frying

Mashing

Difficulty Level

Medium

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