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Garlic Salmon ♦

Garlic salmon is a delicious and healthy seafood dish that is perfect for any occasion. It is made with fresh salmon fillets marinated in a flavorful garlic sauce and then grilled to perfection. The garlic adds a rich and savory flavor to the salmon, making it a crowd-pleasing recipe. This dish is best served with a side of roasted vegetables or a fresh salad.

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 cloves	garlic cloves
2 tbsp	olive oil
2 tbsp	lemon juice

1 tsp salt

0.5 tsp black pepper

Directions

Step 1

In a small bowl, mix together the minced garlic, olive oil, lemon juice, salt, and black pepper.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Place the salmon fillets in a shallow dish and pour the garlic mixture over them. Marinate for at least 10 minutes.

Prep Time: 10 mins

Cook Time: 0 mins

Step 3

Grilling

Preheat the grill to medium-high heat. Place the salmon fillets on the grill and cook for 4-6 minutes on each side, or until cooked through.

Prep Time: 0 mins

Cook Time: 12 mins

Step 4

Remove the salmon from the grill and let it rest for a few minutes before serving. Serve with roasted vegetables or a fresh salad.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 280 kcal

Fat: 18 g

Protein: 25 g

Carbohydrates: 2 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Protein	25 g	147.06%	147.06%
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Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	2 g	3.64%	4%
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	2 g	9.09%	11.76%
Fat	18 g	64.29%	72%
Cholesterol	70 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	2 iu	0.22%	0.29%
Vitamin C	8 mg	8.89%	10.67%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin B6	20 mg	1538.46%	1538.46%
Vitamin B12	80 mcg	3333.33%	3333.33%
Vitamin E	6 mg	40%	40%
Vitamin D	2 mcg	13.33%	13.33%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	400 mg	17.39%	17.39%
Calcium	2 mg	0.2%	0.2%
Iron	6 mg	75%	33.33%
Potassium	600 mg	17.65%	23.08%
Zinc	10 mg	90.91%	125%
Selenium	70 mcg	127.27%	127.27%

Recipe Attributes

Seasonality

Summer Fall

Events

Picnic

Cuisines

Middle Eastern

Nutritional Content

Low Calorie

High Protein

Low Fat

Low Carb

High Fiber

Low Sodium

Sugar-Free

High Vitamin C

High Iron

High Calcium

Kitchen Tools

Blender

Grill

Slow Cooker

Course

Appetizers

Main Dishes

Side Dishes

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Easy

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