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Lemon Basil Salmon ^{♦♦}

Lemon Basil Salmon is a delicious and healthy seafood dish that features fresh salmon fillets marinated in a tangy lemon and basil sauce. The salmon is then grilled to perfection, resulting in a flavorful and tender main course. This recipe is perfect for seafood lovers and can be enjoyed as a light lunch or dinner option. The combination of lemon and basil adds a refreshing and aromatic touch to the dish, making it a crowd-pleaser.

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	lemon juice
20 g	fresh basil leaves

2 cloves	garlic cloves
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2 tbsp	olive oil
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1 tsp	salt
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1 tsp	black pepper
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Directions

Step 1

Blending

In a blender or food processor, combine the lemon juice, basil leaves, garlic cloves, olive oil, salt, and black pepper. Blend until smooth.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Resting

Place the salmon fillets in a shallow dish and pour the marinade over them. Make sure the salmon is evenly coated. Let it marinate for 10 minutes.

Prep Time: 10 mins

Cook Time: 0 mins

Step 3

Preheating

Preheat the grill to medium-high heat. Remove the salmon from the marinade and discard the excess marinade.

Prep Time: 0 mins

Cook Time: 0 mins

Step 4

Grilling

Grill the salmon for about 4-5 minutes per side, or until it reaches your desired level of doneness. The internal temperature should be 145°F (63°C).

Prep Time: 0 mins

Cook Time: 10 mins

Step 5

Resting

Remove the salmon from the grill and let it rest for a few minutes before serving. Garnish with fresh basil leaves, if desired.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 280 kcal

Fat: 19 g

Protein: 25 g

Carbohydrates: 2 g

Nutrition Facts

Proteins

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

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	12 g	N/A	N/A
Saturated Fat	3 g	13.64%	17.65%
Fat	19 g	67.86%	76%
Cholesterol	70 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	15 mg	16.67%	20%
Vitamin B6	20 mg	1538.46%	1538.46%
Vitamin B12	80 mcg	3333.33%	3333.33%
Vitamin E	10 mg	66.67%	66.67%
Vitamin D	10 mcg	66.67%	66.67%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	400 mg	17.39%	17.39%
Calcium	2 mg	0.2%	0.2%
Iron	8 mg	100%	44.44%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Potassium	550 mg	16.18%	21.15%
Zinc	10 mg	90.91%	125%
Selenium	50 mcg	90.91%	90.91%

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Slow Cooker

Blender

Nutritional Content

Low Calorie

Cuisines

Italian

Middle Eastern

Diet

Anti-Inflammatory Diet

Meal Type

Lunch

Snack

Dinner

Events

Picnic

Course

Main Dishes

Side Dishes

Salads

Sauces & Dressings

Cooking Method

Frying

Steaming

Simmering

Cutting

Serving

Cooking

Difficulty Level

Easy

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