

Firecracker Grilled Salmon

Amy Clarke, Fairfax, VA - *the-savvy-kitchen.com*
Southern Living Magazine - July 2013

Servings: 6

6 six-ounce salmon fillets
1/2 cup vegetable oil
1/4 cup reduced-sodium soy sauce
1/4 cup balsamic vinegar
1 tablespoon honey
2 teaspoons garlic, finely chopped
2 teaspoons dried crushed red pepper
1 1/2 teaspoons ground ginger
1 teaspoon sesame oil
1/2 teaspoon table salt
1/4 teaspoon onion powder

Place the salmon in a large zip-top plastic freezer bag.

In a bowl, whisk together the vegetable oil, soy sauce, vinegar, honey, garlic, red pepper, ginger, sesame oil, salt and onion powder.

Pour over the salmon, reserving 1/4 cup of the mixture. Seal and chill for 30 minutes.

Preheat the grill to 400 degrees (high heat).

Remove the salmon from the marinade. Discard the marinade.

Grill the salmon, without the grill lid, for 4 to 5 minutes or until the fish is cooked through and flakes with a fork, turning occasionally and basting with the reserved marinade. Remove and discard the skin.

Per Serving (excluding unknown items): 387 Calories; 25g Fat (58.3% calories from fat); 35g Protein; 5g Carbohydrate; trace Dietary Fiber; 88mg Cholesterol; 708mg Sodium. Exchanges: 0 Grain(Starch); 5 Lean Meat; 1/2 Vegetable; 0 Fruit; 4 Fat; 0 Other Carbohydrates.

Grilled, Seafood

Per Serving Nutritional Analysis

Calories (kcal):	387
% Calories from Fat:	58.3%
% Calories from Carbohydrates:	5.5%
% Calories from Protein:	36.2%

Vitamin B6 (mg):	.4mg
Vitamin B12 (mcg):	5.1mcg
Thiamin B1 (mg):	.3mg
Riboflavin B2 (mg):	.2mg

Total Fat (g): 25g
Saturated Fat (g): 3g
Monounsaturated Fat (g): 13g
Polyunsaturated Fat (g): 6g
Cholesterol (mg): 88mg
Carbohydrate (g): 5g
Dietary Fiber (g): trace
Protein (g): 35g
Sodium (mg): 708mg
Potassium (mg): 595mg
Calcium (mg): 28mg
Iron (mg): 2mg
Zinc (mg): 1mg
Vitamin C (mg): trace
Vitamin A (i.u.): 201IU
Vitamin A (r.e.): 59 1/2RE

Folacin (mcg): 9mcg
Niacin (mg): 9mg
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Daily Values*

Food Exchanges

Grain (Starch): 0
Lean Meat: 5
Vegetable: 1/2
Fruit: 0
Non-Fat Milk: 0
Fat: 4
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 387 **Calories from Fat:** 225

% Daily Values*

Total Fat	25g	38%
Saturated Fat	3g	16%
Cholesterol	88mg	29%
Sodium	708mg	30%
Total Carbohydrates	5g	2%
Dietary Fiber	trace	1%
Protein	35g	
Vitamin A		4%
Vitamin C		1%
Calcium		3%
Iron		9%

* Percent Daily Values are based on a 2000 calorie diet.