

# Grilled Salmon



## Ingredients

- ¼ tsp salt, kosher
- 1/8 tsp black pepper, ground
- 4 oz salmon fillet, raw
- ½ Tbsp olive oil

**Prep Time:** 5 minutes

**Cook Time:** 10 minutes

## Directions

1. Combine salt and pepper. Mix well.
2. Coat the salmon fillet with ½ Tbsp oil. Sprinkle with 3/8 tsp salt and pepper mixture.
3. Place salmon on grill and cook, undisturbed for 2 minutes. Turn and cook for 2-4 minutes more or until minimum internal temperature is 165 °F for 15 seconds.

## Nutritional Information

Calories .....	250
Total Fat .....	19 g
Saturated Fat .....	4 g
Cholesterol .....	50 mg
Total Carbohydrate ....	0 g
Dietary Fiber .....	0 g
Sugar .....	0 g
Protein .....	18 g
Sodium .....	610 mg
Potassium .....	320 mg
Serving Size .....	1 fillet (4 oz)
Recipes yields .....	1 serving