

# Grilled Teriyaki Salmon

*Publix Aprons*

*3 tablespoons teriyaki marinade and sauce*  
*3 tablespoons unsalted butter, melted*  
*1 tablespoon shallots, minced*  
*4 (5-6 oz one-inch thick) center-cut salmon fillets*  
*salt and pepper (to taste)*  
*grill spray*

Prepare a charcoal grill for direct cooking over medium-high heat.

In a bowl, stir together the teriyaki sauce, butter and shallots until well combined.

Season the salmon with a little bit of salt and plenty of pepper.

Grill, top-sides down, on a well-oiled grill rack for about 4 minutes. Turn the fillets over and grill until cooked through and opaque in color, 4 to 5 minutes more, basting with the sauce a few times.

Remove from the grill and serve hot, drizzling extra sauce over the fish at the table.

Per Serving (excluding unknown items): 312 Calories; 34g Fat (97.1% calories from fat); 1g Protein; 2g Carbohydrate; 0g Dietary Fiber; 93mg Cholesterol; 6mg Sodium. Exchanges: 1/2 Vegetable; 7 Fat.

Grilled, Seafood

## Per Serving Nutritional Analysis

Calories (kcal):	312	Vitamin B6 (mg):	trace
% Calories from Fat:	97.1%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	2.1%	Thiamin B1 (mg):	0mg
% Calories from Protein:	0.8%	Riboflavin B2 (mg):	trace
Total Fat (g):	34g	Folacin (mcg):	5mcg
Saturated Fat (g):	21g	Niacin (mg):	trace
Monounsaturated Fat (g):	10g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0
			0.0%

<b>Cholesterol (mg):</b>	93mg
<b>Carbohydrate (g):</b>	2g
<b>Dietary Fiber (g):</b>	0g
<b>Protein (g):</b>	1g
<b>Sodium (mg):</b>	6mg
<b>Potassium (mg):</b>	44mg
<b>Calcium (mg):</b>	14mg
<b>Iron (mg):</b>	trace
<b>Zinc (mg):</b>	trace
<b>Vitamin C (mg):</b>	1mg
<b>Vitamin A (i.u.):</b>	2549IU
<b>Vitamin A (r.e.):</b>	445 1/2RE

% Daily Values\*

## Food Exchanges

<b>Grain (Starch):</b>	0
<b>Lean Meat:</b>	0
<b>Vegetable:</b>	1/2
<b>Fruit:</b>	0
<b>Non-Fat Milk:</b>	0
<b>Fat:</b>	7
<b>Other Carbohydrates:</b>	0

## Nutrition Facts

### Amount Per Serving

**Calories** 312                      Calories from Fat: 303

### % Daily Values\*

<b>Total Fat</b>	34g	53%
Saturated Fat	21g	107%
<b>Cholesterol</b>	93mg	31%
<b>Sodium</b>	6mg	0%
<b>Total Carbohydrates</b>	2g	1%
Dietary Fiber	0g	0%
<b>Protein</b>	1g	
<b>Vitamin A</b>		51%
<b>Vitamin C</b>		1%
<b>Calcium</b>		1%
<b>Iron</b>		1%

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