

# Lemon-Rosemary Salmon

Publix Aprons  
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*zest of one lemon (2 teaspoons)*  
*juice of one lemon*  
*1 tablespoon fresh rosemary, finely*  
*chopped*  
*1 tablespoon fresh chives, finely*  
*chopped*  
*1/2 teaspoon pepper*  
*1/4 teaspoon Kosher salt*  
*1 1/4 pounds salmon fillets, skin on*  
*1 tablespoon honey*  
*1 tablespoon olive oil*

Preheat the grill on medium.

Zest or grate the lemon peel (no white). Reserve the lemon. Chop the rosemary and chives. In a small bowl, combine the lemon zest, rosemary, chives, pepper and salt.

Place the salmon, skin side down, in a shallow dish. (Wash hands). Drizzle with honey and oil. Sprinkle with the zest mixture. Allow to marinate for 10 minutes (or one hour).

Carefully arrange the salmon, skin side down, on the grill. Spoon any remaining marinade over the salmon.

Cover and grill for 20 to 25 minutes or just until the salmon is opaque and 145 degrees.

Place the salmon on a serving platter. Squeeze the remaining lemon juice over the salmon before serving.

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Per Serving (excluding unknown items): 848 Calories; 33g Fat (36.1% calories from fat); 113g Protein; 19g Carbohydrate; 1g Dietary Fiber; 295mg Cholesterol; 852mg Sodium. Exchanges: 0 Grain(Starch); 16 Lean Meat; 0 Vegetable; 2 1/2 Fat; 1 Other Carbohydrates.

Grilled, Seafood

## Per Serving Nutritional Analysis

|                      |       |                    |         |
|----------------------|-------|--------------------|---------|
| Calories (kcal):     | 848   | Vitamin B6 (mg):   | 1.1mg   |
| % Calories from Fat: | 36.1% | Vitamin B12 (mcg): | 17.0mcg |

% Calories from Carbohydrates: 9.0%  
 % Calories from Protein: 54.9%  
 Total Fat (g): 33g  
 Saturated Fat (g): 5g  
 Monounsaturated Fat (g): 15g  
 Polyunsaturated Fat (g): 9g  
 Cholesterol (mg): 295mg  
 Carbohydrate (g): 19g  
 Dietary Fiber (g): 1g  
 Protein (g): 113g  
 Sodium (mg): 852mg  
 Potassium (mg): 1878mg  
 Calcium (mg): 88mg  
 Iron (mg): 5mg  
 Zinc (mg): 3mg  
 Vitamin C (mg): 2mg  
 Vitamin A (i.u.): 852IU  
 Vitamin A (r.e.): 217RE

Thiamin B1 (mg): 1.1mg  
 Riboflavin B2 (mg): .8mg  
 Folic Acid (mcg): 28mcg  
 Niacin (mg): 28mg  
 Caffeine (mg): 0mg  
 Alcohol (kcal): 0  
 % Daily Value

## Food Exchanges

Grain (Starch): 0  
 Lean Meat: 16  
 Vegetable: 0  
 Fruit: 0  
 Non-Fat Milk: 0  
 Fat: 2 1/2  
 Other Carbohydrates: 1

## Nutrition Facts

### Amount Per Serving

Calories 848      Calories from Fat: 306

### % Daily Values\*

|                            |       |     |
|----------------------------|-------|-----|
| <b>Total Fat</b>           | 33g   | 51% |
| Saturated Fat              | 5g    | 25% |
| <b>Cholesterol</b>         | 295mg | 98% |
| <b>Sodium</b>              | 852mg | 36% |
| <b>Total Carbohydrates</b> | 19g   | 6%  |
| Dietary Fiber              | 1g    | 2%  |
| <b>Protein</b>             | 113g  |     |
| <b>Vitamin A</b>           |       | 17% |
| <b>Vitamin C</b>           |       | 4%  |
| <b>Calcium</b>             |       | 9%  |
| <b>Iron</b>                |       | 27% |

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