



Broiled BBQ Salmon

6 Servings • 1 Serving = 4 Ounces Fish

INGREDIENTS

- 6 – 4 ounce fresh or frozen skinless, boneless salmon fillets, approximately 1" thick
- 1 Tablespoon sweet paprika
- 1 Tablespoon smoked paprika or ancho chile powder
- 1 Tablespoon chili powder
- 1 teaspoon salt
- 1 teaspoon garlic powder
- 1 Teaspoon freshly ground black pepper
- ½ teaspoon ground cumin
- ½ teaspoon dried oregano, crushed
- 3 Tablespoons extra virgin olive oil

DIRECTIONS

1. Thaw fish, if frozen. Rinse fish and pat dry with paper towels. Set aside.
2. In a small bowl, combine spices. Transfer mixture to a piece of wax paper. Gently roll fish fillets in spice mixture to coat.
3. Brush about half of the olive oil on the bottom on a broiler pan or large baking sheet.
4. Place fish fillets on the pan and drizzle with remaining olive oil. Broil fish 4 inches from the heat for 4 – 6 minutes or until fish flakes easily when tested with a fork. Carefully turn once halfway through broiling.

Nutrition Facts

6 servings per container	
Serving size	4 Ounces Fish
Amount per serving	
Calories	360
% Daily Value*	
Total Fat 24g	31%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 460mg	20%
Total Carbohydrate 12g	4%
Dietary Fiber 5g	18%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 28g	
Vitamin D 12mcg	60%
Calcium 30mg	2%
Iron 3mg	15%
Potassium 624mg	20%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

chefs.org
@CHEFSanAntonio

