

Greek Salmon Cooked in a Grill Pan

Yield: 2 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/malaysia-grill-fish-recipe>

Ingredients:

- 2 salmon skinless, pieces, about six ounces each
- 1 1/2 tablespoons olive oil
- 1 teaspoon Greek seasoning or use spices listed at end of recipe
- 1/8 teaspoon garlic puree
- 1 garlic cloves
- 1 teaspoon lemon zest optional, but good
- lemon sliced, to squeeze over, optional, but good, use the lemon you zested

Nutrition:

1. Calories: 100 calories
2. Carbohydrate: 6 grams
3. Fat: 10 grams
4. Fiber: 3 grams
5. Protein: 1 grams
6. SaturatedFat: 1.5 grams
7. Sodium: 40 milligrams

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