

# Grilled Citrus Herb Salmon



**Recipe Name: Grilled Citrus Herb Salmon**

**Category: U.S. Farm-Raised Seafood**

HACCP Process: \_\_\_\_\_ 1 – No Cook      X   2 – Cook & Same Day Serve    \_\_\_\_\_ 3 – Cook, Cool, Reheat, Serve    \_\_\_\_\_ 4 – SOP Controlled

Ingredients:	For: 24 Servings		Directions: Remove the salmon fillets from refrigeration just prior to cooking in batches of 24. CCP below 41 degrees
	Weight	Measure	
Salmon fillets	9 lbs	24 @ 6 oz.	Take the portioned salmon fillets and pat dry. Place them in a 2 inch hotel pan.
Extra Virgin Olive Oil	1 ½ cup	12 fl. oz.	Prepare a marinade in a mixing bowl for the salmon, using extra virgin olive oil.
Lime Juice	½ cup		Add the lime juice to the oil.
Lo-sodium Soy Sauce	2 fl. oz.		Stir the soy sauce into the marinade.
Rice Wine Vinegar	1 Tbsp		Stir in the rice vinegar.
Ground white pepper	½ tsp.		Season lightly with pepper and whisk together.
			Pour ¾ of the marinade over the salmon fillets in the hotel pan. Reserve the excess marinade for the sauce.
			Turn on the grill. Prepare the grill, making sure that it is wiped clean with an oil-impregnated towel immediately before grilling.
			Pour off any excess marinade.
Dill, fresh fine chopped	1 Tbsp.		Mix all of the freshly cut herbs together.
Chives, fresh fine sliced	1 Tbsp.		Toss the herbs with the reserved marinade.
Parsley, fresh fine chopped	1 Tbsp.		
Lime, fresh, squeezed into juice		1 whole	Squeeze the juice of one whole lime into the herb marinade mix.
Extra Virgin Olive Oil	1 cup		Gently heat the olive oil and stir in the herb mix.
			Grill off the salmon fillets, making a criss-cross pattern on the surface, grill to 145 degrees (CCP). Set up grilled salmon fillet on the center of the plate with a tablespoonful of the heated citrus herb mix drizzled over. Serve immediately.

Serving Size 6 oz.

Pan Size: sheet pan

**Oven Temperature & Baking Time:**

Temperature

Minutes

Yield 24 servings

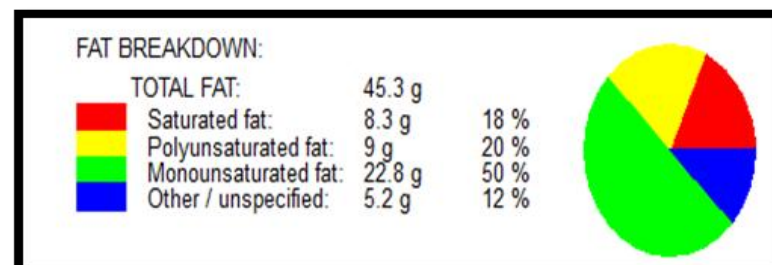
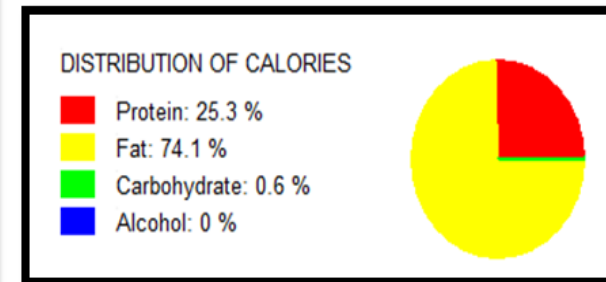
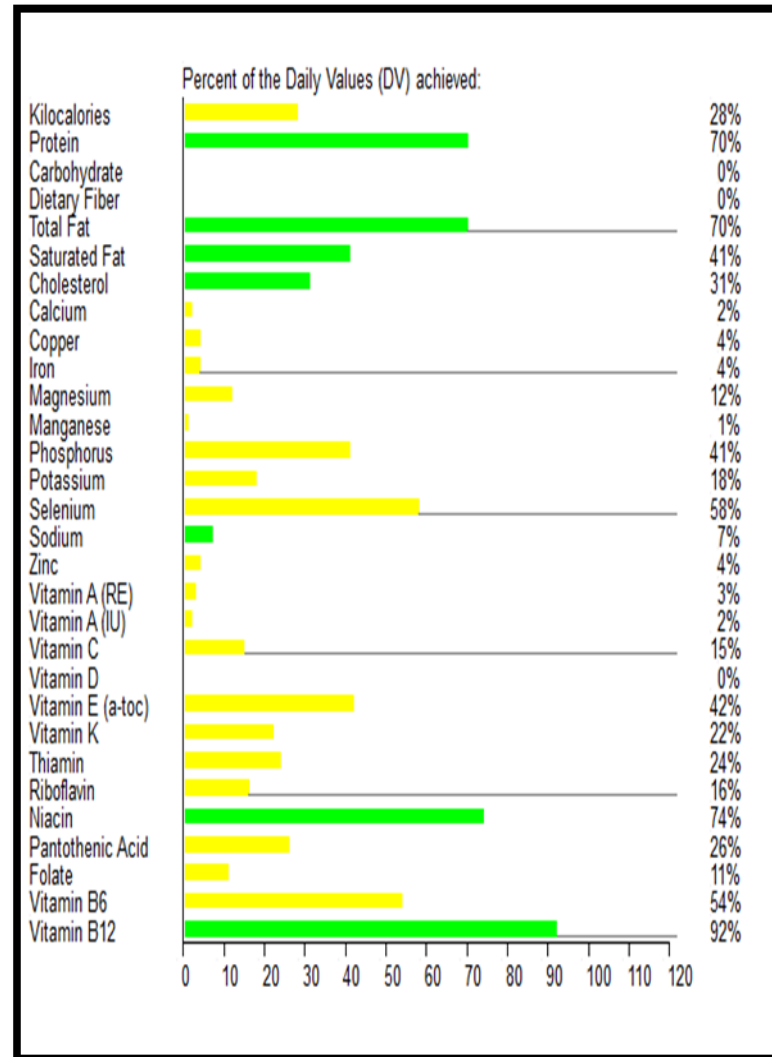
Number of Pans

Convection

# 6-ounce fish portion

Omega-3 content 4.72 g

Nutrition Facts	
Serving size: 7.15 oz. (203g)	
Servings Per Recipe 1	
Amount Per Serving	
<b>Calories</b> 556	Cal. from Fat 408
% Daily Value*	
<b>Total Fat</b> 45g	<b>70%</b>
Saturated Fat 8g	<b>40%</b>
Trans Fats 0g	
<b>Cholesterol</b> 94mg	<b>30%</b>
<b>Sodium</b> 180mg	<b>8%</b>
<b>Total Carbohydrate</b> 1g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
<b>Protein</b> 35g	
Vitamin A 2%	Vitamin C 15%
Calcium 2%	Iron 4%
* Percent Daily Values is based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2400mg 2400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9	Carbohydrate 4 Protein 4



### 3-ounce fish portion

<b>Nutrition Facts</b>	
Serving size: 3.58.. (101g)	
Servings Per Recipe 1	
<b>Amount Per Serving</b>	
<b>Calories</b> 278	Cal. from Fat 204
<b>% Daily Value*</b>	
<b>Total Fat</b> 23g	<b>35%</b>
Saturated Fat 4g	<b>20%</b>
Trans Fats 0g	
<b>Cholesterol</b> 47mg	<b>15%</b>
<b>Sodium</b> 90mg	<b>4%</b>
<b>Total Carbohydrate</b> 0g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 0g	
<b>Protein</b> 17g	
Vitamin A 0%	Vitamin C 8%
Calcium 0%	Iron 2%
* Percent Daily Values is based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
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