



Barbecue Salmon over Cheddar Grits

 Gluten Free

READY IN



40 min.

SERVINGS



6

CALORIES



565 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 3 tablespoons your choice of barbecue sauce
- ☐ 2 tablespoons butter cut into cubes
- ☐ 4 strips bacon cooked
- ☐ 1 tablespoon cilantro leaves fresh minced
- ☐ 3 tablespoons mint leaves fresh minced
- ☐ 1 cup grits
- ☐ 0.5 cup heavy cream
- ☐ 36 ounce salmon fillet

- ☐ 6 servings salt
- ☐ 4 ounces cheddar shredded
- ☐ 3 tablespoons steak sauce (recommended: HP)
- ☐ 2.5 cups water

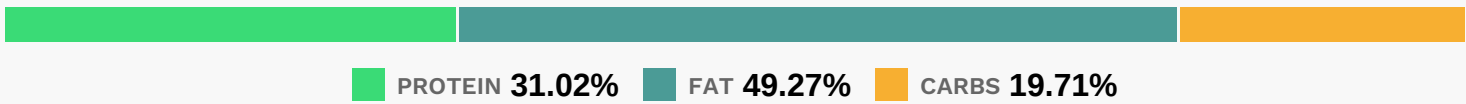
Equipment

- ☐ oven
- ☐ pot
- ☐ grill
- ☐ grill pan

Directions

- ☐ Bring 2 1/2 cups water to a boil in a medium saucepot, slowly stir in grits, return to a simmer and let cook for 10 minutes.
- ☐ Remove from heat, stir in cheese, butter, heavy cream, crumbled bacon, and salt, to taste. Cover and let sit while you cook the fish.
- ☐ Preheat oven to 375 degrees F.
- ☐ Heat grill or grill pan over medium-high heat.
- ☐ Combine barbecue sauce, steak sauce, and cilantro, and set aside until needed. Season salmon with salt, and grill salmon. (Cook over indirect heat if using gas grill.) Leave undisturbed for the first 3 minutes to let the caramelization process begin to prevent the flesh from tearing. Flip the fillets and cook the other side the same way.
- ☐ Remove from heat, brush sauce over and finish for about 2 to 3 minutes in the oven.
- ☐ Spoon some grits in center of plate, top with a piece of salmon and sprinkle with mint.

Nutrition Facts



Properties

Glycemic Index:18.17, Glycemic Load:0.13, Inflammation Score:-7, Nutrition Score:28.955217719078%

Flavonoids

Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 564.9kcal (28.25%), Fat: 30.43g (46.82%), Saturated Fat: 12.95g (80.93%), Carbohydrates: 27.41g (9.14%), Net Carbohydrates: 26.6g (9.67%), Sugar: 4.45g (4.95%), Cholesterol: 150.18mg (50.06%), Sodium: 737.07mg (32.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.11g (86.22%), Selenium: 75.37µg (107.68%), Vitamin B12: 5.71µg (95.12%), Vitamin B6: 1.5mg (74.8%), Vitamin B3: 14.43mg (72.15%), Phosphorus: 485.13mg (48.51%), Vitamin B2: 0.81mg (47.47%), Vitamin B5: 3.17mg (31.73%), Vitamin B1: 0.46mg (30.96%), Potassium: 988.54mg (28.24%), Copper: 0.5mg (25.18%), Calcium: 182.86mg (18.29%), Vitamin A: 875.62IU (17.51%), Magnesium: 70.01mg (17.5%), Zinc: 2.18mg (14.55%), Folate: 52.39µg (13.1%), Iron: 2.01mg (11.17%), Manganese: 0.11mg (5.61%), Vitamin E: 0.61mg (4.09%), Fiber: 0.81g (3.24%), Vitamin D: 0.45µg (3.01%), Vitamin K: 2.02µg (1.93%), Vitamin C: 1.49mg (1.81%)