



 **86%**
HEALTH SCORE

Grilled Alaskan Salmon Veracruz

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



45 min.

SERVINGS



6

CALORIES



441 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup capers divided rinsed drained
- 2 tablespoons thyme leaves fresh chopped
- 4 garlic cloves minced
- 3 medium pickled jalapeño peppers divided halved seeded sliced
- 2 teaspoons lemon rind grated
- 5.8 ounce manzanilla olives divided sliced
- 0.3 cup olive oil
- 1 medium onion halved

- 42 ounce alaskan salmon steaks
- 1.3 teaspoons salt divided
- 6 servings garnish: thyme sprigs fresh
- 6 tomatoes medium to large seeded chopped
- 1 cup water

Equipment

- grill
- dutch oven

Directions

- Heat oil in a Dutch oven over medium heat until hot.
- Add onion, and cook, stirring often, 5 minutes or until lightly browned; add garlic, and cook 1 minute.
- Add tomato, chopped thyme, lemon rind, half of olives, half of capers, and half of jalapeos. Bring to a boil; reduce heat, and simmer, stirring often, 5 minutes or until liquid evaporates.
- Add 1 cup water, and simmer 15 more minutes. Stir in 1 teaspoon salt.
- Let sauce cool.
- Coat sides of salmon with cooking spray; sprinkle with remaining 1/4 teaspoon salt. Grill, covered, over medium-high heat (350 to 400 degrees F) for 4 to 6 minutes on each side or to desired degree of doneness. Spoon sauce into serving dish; place salmon on sauce.
- Sprinkle with remaining olives, capers, and jalapeos.
- Garnish, if desired.

Nutrition Facts

PROTEIN 37.62% FAT 53.37% CARBS 9.01%

Properties

Glycemic Index:36.17, Glycemic Load:2.06, Inflammation Score:-10, Nutrition Score:35.799999921218%

Flavonoids

Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 1.77mg, Luteolin: 1.77mg, Luteolin: 1.77mg, Luteolin: 1.77mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 9.81mg, Kaempferol: 9.81mg, Kaempferol: 9.81mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 17.41mg, Quercetin: 17.41mg, Quercetin: 17.41mg, Quercetin: 17.41mg

Nutrients (% of daily need)

Calories: 440.59kcal (22.03%), Fat: 26.16g (40.24%), Saturated Fat: 3.82g (23.9%), Carbohydrates: 9.94g (3.31%), Net Carbohydrates: 6.24g (2.27%), Sugar: 4.53g (5.03%), Cholesterol: 109.15mg (36.38%), Sodium: 1207.45mg (52.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.49g (82.99%), Vitamin B12: 6.31µg (105.18%), Selenium: 73.17µg (104.54%), Vitamin B6: 1.82mg (91.03%), Vitamin B3: 16.63mg (83.14%), Vitamin B2: 0.82mg (48.11%), Phosphorus: 442.04mg (44.2%), Vitamin C: 33.64mg (40.78%), Potassium: 1351.93mg (38.63%), Vitamin B5: 3.49mg (34.92%), Vitamin B1: 0.52mg (34.55%), Copper: 0.67mg (33.54%), Vitamin A: 1455.51IU (29.11%), Vitamin E: 3.32mg (22.11%), Magnesium: 85.7mg (21.42%), Folate: 77.57µg (19.39%), Vitamin K: 18.71µg (17.82%), Iron: 2.91mg (16.14%), Manganese: 0.3mg (15%), Fiber: 3.69g (14.77%), Zinc: 1.64mg (10.96%), Calcium: 77.8mg (7.78%)