



HEALTH SCORE

98%

Grilled Char with Yukon Golds and Tomato-Red Onion Relish



Gluten Free



Dairy Free



Very Healthy

READY IN



90 min.

SERVINGS



4

CALORIES



422 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black divided freshly ground
- ☐ 1 tablespoon capers chopped
- ☐ 2 teaspoons dijon mustard
- ☐ 2 tablespoons mint leaves fresh finely chopped
- ☐ 1 tablespoon thyme sprigs fresh chopped
- ☐ 1 pint grape tomatoes quartered
- ☐ 1 teaspoon kosher salt divided

- ☐ 2 tablespoons olive oil extra virgin extra-virgin divided
- ☐ 1 small onion red vertically sliced
- ☐ 24 ounce salmon fillet
- ☐ 2 teaspoons sherry vinegar
- ☐ 1 pound potatoes – remove skin red

Equipment

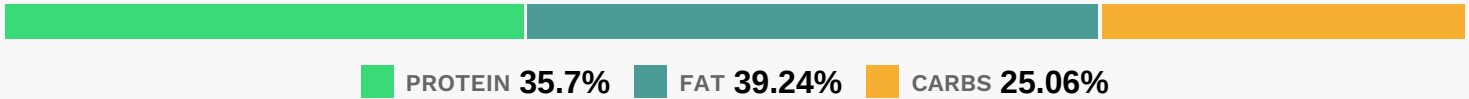
- ☐ bowl
- ☐ paper towels
- ☐ sauce pan
- ☐ grill
- ☐ skewers

Directions

- ☐ Place onion in a small bowl; add water to cover.
- ☐ Let stand for 30 minutes.
- ☐ Drain. Set aside.
- ☐ Arrange fish fillets in a single layer on a large plate lined with paper towels.
- ☐ Let stand, uncovered, in refrigerator for 1 hour (to allow surface to dry).
- ☐ Preheat grill to medium-high heat.
- ☐ Place potatoes in a large saucepan. Cover with water to 2 inches above potatoes; bring to a boil. Reduce heat; simmer 15 minutes or until tender.
- ☐ Drain; cool slightly.
- ☐ Cut potatoes in half.
- ☐ Combine potatoes, thyme, 1 tablespoon olive oil, 1/2 teaspoon salt, and 1/8 teaspoon pepper in a bowl, tossing to coat. Thread potatoes onto 4 (6-inch) skewers with cut sides facing out.
- ☐ Combine onion, remaining 1 tablespoon oil, 1/8 teaspoon salt, 1/8 teaspoon pepper, tomatoes, mint, capers, vinegar, and mustard in a bowl; toss gently. Set aside.
- ☐ Sprinkle remaining 3/8 teaspoon salt and 1/4 teaspoon pepper evenly over fish.

- ☐
- Place fish and potatoes, cut sides down, on grill rack coated with cooking spray. Cover and grill potatoes 6 minutes without turning. Grill fish 3 to 4 minutes on each side or until fish flakes easily when tested with a fork or until desired degree of doneness.
- ☐
- Serve fish with potatoes; top with tomato-onion relish.
- ☐
- Sustainable Choice: Arctic char is a sound choice; you can also use wild Alaskan salmon in its place.

Nutrition Facts



Properties

Glycemic Index:43.5, Glycemic Load:1.9, Inflammation Score:-10, Nutrition Score:34.852173763773%

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 Naringenin: 0.8mg, Naringenin: 0.8mg, Naringenin: 0.8mg, Naringenin: 0.8mg Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg Luteolin: 1.12mg, Luteolin: 1.12mg, Luteolin: 1.12mg, Luteolin: 1.12mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 2.91mg, Kaempferol: 2.91mg, Kaempferol: 2.91mg, Kaempferol: 2.91mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 10.46mg, Quercetin: 10.46mg, Quercetin: 10.46mg, Quercetin: 10.46mg

Nutrients (% of daily need)

Calories: 421.69kcal (21.08%), Fat: 18.37g (28.26%), Saturated Fat: 2.75g (17.17%), Carbohydrates: 26.4g (8.8%), Net Carbohydrates: 21.9g (7.96%), Sugar: 5.79g (6.43%), Cholesterol: 93.55mg (31.18%), Sodium: 767.84mg (33.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.61g (75.21%), Selenium: 63.68µg (90.97%), Vitamin B12: 5.41µg (90.15%), Vitamin B6: 1.72mg (86.2%), Vitamin B3: 15.51mg (77.56%), Potassium: 1703.86mg (48.68%), Phosphorus: 452.91mg (45.29%), Vitamin B2: 0.73mg (43.01%), Vitamin C: 31.7mg (38.42%), Vitamin B1: 0.54mg (36.06%), Copper: 0.69mg (34.45%), Vitamin B5: 3.31mg (33.13%), Vitamin A: 1257.16IU (25.14%), Magnesium: 97.24mg (24.31%), Manganese: 0.46mg (23.17%), Folate: 90.22µg (22.56%), Fiber: 4.49g (17.98%), Iron: 3.15mg (17.51%), Vitamin K: 17.9µg (17.04%), Zinc: 1.8mg (11.98%), Vitamin E: 1.69mg (11.28%), Calcium: 67.13mg (6.71%)