



Grilled King Salmon with Asparagus, Morels, and Leeks

 Gluten Free

READY IN



75 min.

SERVINGS



6

CALORIES



291 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 pound slender asparagus trimmed cut in half on a diagonal
- 3 tablespoons butter
- 2 teaspoons thyme leaves fresh chopped
- 0.8 teaspoon kosher salt divided
- 1 large leek white rinsed thinly sliced well (part only)
- 0.5 pound morel mushrooms fresh rinsed halved lengthwise well
- 1 tablespoon olive oil

- 0.5 teaspoon pepper divided
- 1 fillet coho salmon with skin thick
- 0.3 cup fino sherry dry white
- 1 cup whipping cream

Equipment

- frying pan
- baking sheet
- knife
- grill
- aluminum foil
- spatula

Directions

- Boil asparagus until barely tender-crisp, 2 minutes; drain and rinse asparagus in cold water.
- Heat grill to medium-high (about 450).
- Cook leek in butter in a large frying pan over medium heat until soft, 5 minutes.
- Add thyme, 1/2 tsp. salt, 1/4 tsp. pepper, and the morels; cook, stirring occasionally, until morels are tender, 5 minutes. Stir in sherry and reduce by half, 30 to 45 seconds. Set vegetables aside.
- Fold a 12- by 17-in. sheet of heavy-duty foil in half crosswise. With a knife tip, poke dime-size holes through foil about 2 in. apart. Oil one side of foil. Rub fish on both sides with oil and put skin side down on foil.
- Sprinkle with remaining 1/4 tsp. each salt and pepper.
- Set salmon on foil on cooking grate; grill, covered, until fish is barely cooked through, about 10 minutes. With 2 wide spatulas, slide fish from skin to a warm baking sheet; tent with foil. If you want crisp skin, continue to cook skin on foil until crisp, 1 to 3 minutes more.
- Remove foil from grill, then gently peel off skin, using fingers or a wide spatula (skin may break into pieces). Set salmon skin, if using, on a platter.
- Add cream and asparagus to mushrooms and bring to a boil over high heat, stirring; boil longer to thicken sauce if you like. With 2 spatulas, set fish on skin. Spoon half the vegetable

sauce over salmon and serve the rest on the side.

Serve immediately.

*Soak dried morels in hot water until softened, 8 minutes. Squeeze out water; cut in half.

Nutrition Facts

PROTEIN 13.48% **FAT 74.81%** **CARBS 11.71%**

Properties

Glycemic Index:39.67, Glycemic Load:1.39, Inflammation Score:-9, Nutrition Score:17.79869566793%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Isorhamnetin: 4.31mg, Isorhamnetin: 4.31mg, Isorhamnetin: 4.31mg, Isorhamnetin: 4.31mg Kaempferol: 1.45mg, Kaempferol: 1.45mg, Kaempferol: 1.45mg, Kaempferol: 1.45mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 10.59mg, Quercetin: 10.59mg, Quercetin: 10.59mg, Quercetin: 10.59mg

Nutrients (% of daily need)

Calories: 291.09kcal (14.55%), Fat: 24.49g (37.68%), Saturated Fat: 13.39g (83.67%), Carbohydrates: 8.63g (2.88%), Net Carbohydrates: 5.58g (2.03%), Sugar: 3.49g (3.87%), Cholesterol: 75.46mg (25.15%), Sodium: 371.93mg (16.17%), Alcohol: 1.03g (100%), Alcohol %: 0.6% (100%), Protein: 9.93g (19.87%), Vitamin K: 41.9µg (39.9%), Iron: 6.98mg (38.76%), Vitamin A: 1620.75IU (32.41%), Copper: 0.48mg (23.93%), Manganese: 0.46mg (23.14%), Vitamin B2: 0.38mg (22.24%), Selenium: 14.34µg (20.48%), Vitamin B6: 0.41mg (20.42%), Phosphorus: 201.96mg (20.2%), Vitamin B3: 3.93mg (19.65%), Vitamin D: 2.56µg (17.08%), Vitamin B12: 0.98µg (16.27%), Folate: 61.51µg (15.38%), Potassium: 526.42mg (15.04%), Vitamin B1: 0.22mg (14.43%), Vitamin E: 1.86mg (12.37%), Fiber: 3.05g (12.19%), Zinc: 1.5mg (10.02%), Vitamin B5: 0.98mg (9.84%), Vitamin C: 7.32mg (8.87%), Magnesium: 35.41mg (8.85%), Calcium: 78.95mg (7.9%)