



Grilled Lemon-Dill Salmon with Cucumber Salad



Gluten Free



Dairy Free



Very Healthy

READY IN



160 min.

SERVINGS



4

CALORIES



300 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons apple cider vinegar
- ☐ 1 cucumber english seedless ()
- ☐ 2.5 tablespoons optional: dill fresh divided finely chopped
- ☐ 2 optional: lemon
- ☐ 2 teaspoons olive oil
- ☐ 0.5 cup onion drained
- ☐ 24 oz salmon fillet dry rinsed

- ☐ 0.5 teaspoon salt plus more to taste
- ☐ 1 teaspoon sugar

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ knife
- ☐ whisk
- ☐ plastic wrap
- ☐ grill
- ☐ aluminum foil
- ☐ mandoline
- ☐ spatula
- ☐ tongs

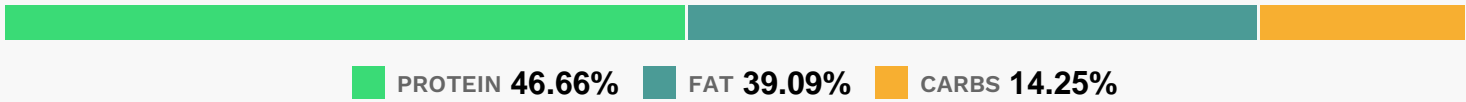
Directions

- ☐ Zest lemons to yield 2 tbsp. zest.
- ☐ Sprinkle salmon fillets with 1 1/2 tbsp. zest (set remaining zest and whole lemons aside) and 1 1/2 tbsp. dill, dividing evenly among fillets and patting to adhere. Wrap fillets in plastic wrap and refrigerate at least 2 hours and up to overnight.
- ☐ Slice cucumber paper-thin on a mandoline or other handheld slicer.
- ☐ Cut onions in half. In a bowl, whisk together vinegar, sugar, and 1/2 tsp. salt.
- ☐ Add cucumber, onions, remaining lemon zest and dill, and toss gently to coat. Taste and adjust seasonings, if necessary.
- ☐ Prepare a gas or charcoal grill for indirect heat. If using a gas grill, turn all burners to high and close lid. When the temperature inside the grill reaches 400, lift lid and turn off one of the burners, creating the indirect-heat area. If using a charcoal grill, light 50 to 60 briquets and let burn until just covered with ash, 20 to 30 minutes. Mound them to one side, leaving a cleared area for indirect cooking.
- ☐ Fold two 12- by 18-in. pieces of heavy-duty aluminum foil in half widthwise to form rectangles. Using the tip of a small knife, make holes in rectangles about 2 in. apart and widen each hole

to the size of a dime. Grease foil with olive oil; set over direct heat for 2 minutes.

- ☐
- Brush salmon skins with oil. Set 2 fillets, skin side down, on each foil rectangle. Cover grill (if using charcoal, open vents on lid) and cook fish until skin is light brown and really sizzling, 5 to 6 minutes. Using tongs, slide foil to indirect heat, cover, and cook until all but top 1/4 in. is cooked, 3 to 8 minutes. Slide fish back over direct heat, cover, and cook until fish is cooked through (cut to test) and skin is browned and crisp, about 3 minutes.
- ☐
- Transfer foil with salmon to a rimless baking sheet and, sliding an offset cake spatula or other thin spatula between salmon skin and foil, very gently free fish from foil. Season each fillet with salt and a few drops of juice from a remaining lemon.
- ☐
- Serve with cucumber salad.

Nutrition Facts



Properties

Glycemic Index:44.4, Glycemic Load:2.04, Inflammation Score:-6, Nutrition Score:28.05869577242%

Flavonoids

Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Luteolin: 1.03mg, Luteolin: 1.03mg, Luteolin: 1.03mg, Luteolin: 1.03mg Isorhamnetin: 1.11mg, Isorhamnetin: 1.11mg, Isorhamnetin: 1.11mg, Isorhamnetin: 1.11mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 4.84mg, Quercetin: 4.84mg, Quercetin: 4.84mg, Quercetin: 4.84mg

Nutrients (% of daily need)

Calories: 299.66kcal (14.98%), Fat: 13.05g (20.08%), Saturated Fat: 2g (12.51%), Carbohydrates: 10.71g (3.57%), Net Carbohydrates: 8.47g (3.08%), Sugar: 4.48g (4.98%), Cholesterol: 93.55mg (31.18%), Sodium: 369.49mg (16.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.06g (70.11%), Vitamin B12: 5.41µg (90.15%), Selenium: 62.64µg (89.49%), Vitamin B6: 1.49mg (74.45%), Vitamin B3: 13.52mg (67.62%), Vitamin B2: 0.69mg (40.49%), Vitamin C: 32.41mg (39.29%), Phosphorus: 373.4mg (37.34%), Vitamin B5: 3.15mg (31.53%), Potassium: 1054.87mg (30.14%), Vitamin B1: 0.44mg (29.04%), Copper: 0.49mg (24.25%), Magnesium: 65.92mg (16.48%), Folate: 57.89µg (14.47%), Vitamin K: 13.58µg (12.94%), Iron: 1.98mg (11.01%), Fiber: 2.23g (8.93%), Zinc: 1.31mg (8.74%), Manganese: 0.15mg (7.55%), Calcium: 52.31mg (5.23%), Vitamin A: 178.36IU (3.57%), Vitamin E: 0.4mg (2.64%)