

 58%
HEALTH SCORE

Grilled Salmon Gyros

READY IN



65 min.

SERVINGS



6

CALORIES



353 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 cups cucumber diced english peeled seeded finely
- ☐ 1.5 tablespoons optional: dill fresh chopped
- ☐ 1.5 tablespoons garlic minced
- ☐ 1 teaspoon ginger/garlic paste with pinch kosher salt, mashed into paste
- ☐ 1.5 teaspoons ginger/garlic paste with pinch kosher salt, mashed into paste
- ☐ 1.5 tablespoons grapeseed oil
- ☐ 1 cup greek yogurt
- ☐ 1 cup iceberg lettuce shredded
- ☐ 0.5 teaspoon kosher salt

- ☐ 1 tablespoon juice of lemon fresh
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 2 tablespoons juice of lemon freshly squeezed
- ☐ 0.5 teaspoon lemon zest grated
- ☐ 1 teaspoon lemon zest grated
- ☐ 1 teaspoon oregano leaves chopped
- ☐ 0.5 teaspoon freshly cracked pepper black
- ☐ 4 pita breads
- ☐ 0.8 cup onion red thinly sliced quartered
- ☐ 0.3 teaspoon pepper flakes hot
- ☐ 24 ounce salmon fillet wild fresh skinless preferred
- ☐ 3 cups tomatoes diced seeded
- ☐ 1 teaspoon balsamic vinegar white

Equipment

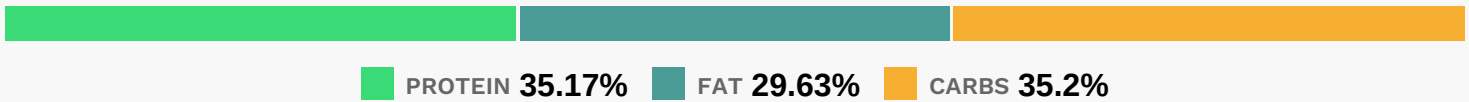
- ☐ bowl
- ☐ grill
- ☐ stove
- ☐ ziploc bags
- ☐ grill pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Combine all of the marinade ingredients in a resealable plastic bag.
- ☐ Add the salmon, seal the bag and refrigerate for at least 30 minutes, or up to 1 hour.
- ☐ Preheat the grill if using outdoors, or preheat indoor stovetop grill pan over medium-low heat.
- ☐ Remove salmon from the marinade and grill until cooked through, about 3 to 4 minutes per side.
- ☐ Remove from the grill to a plate and keep warm.

- ☐
- Put the pita bread on grill to heat through.
- ☐
- Serve by cutting pitas in half, filling them with salmon, and topping them with the tomato mixture and the cucumber dill sauce.
- ☐
- Add iceberg lettuce, if desired, and serve.
- ☐
- Combine all of the ingredients in a large bowl and set aside until ready to assemble the gyros.
- ☐
- Combine all of the ingredients in a small bowl. Cover and refrigerate until ready to serve, at least 30 minutes, or up to 12 hours.

Nutrition Facts



Properties

Glycemic Index:80.83, Glycemic Load:21.1, Inflammation Score:-8, Nutrition Score:24.843043368796%

Flavonoids

Eriodictyol: 0.61mg, Eriodictyol: 0.61mg, Eriodictyol: 0.61mg, Eriodictyol: 0.61mg Hesperetin: 1.81mg, Hesperetin: 1.81mg, Hesperetin: 1.81mg, Hesperetin: 1.81mg Naringenin: 0.68mg, Naringenin: 0.68mg, Naringenin: 0.68mg, Naringenin: 0.68mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.05mg, Isorhamnetin: 1.05mg, Isorhamnetin: 1.05mg, Isorhamnetin: 1.05mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 4.85mg, Quercetin: 4.85mg, Quercetin: 4.85mg, Quercetin: 4.85mg

Nutrients (% of daily need)

Calories: 353.19kcal (17.66%), Fat: 11.55g (17.77%), Saturated Fat: 1.6g (10.02%), Carbohydrates: 30.87g (10.29%), Net Carbohydrates: 28.18g (10.25%), Sugar: 5.09g (5.66%), Cholesterol: 64.04mg (21.35%), Sodium: 463.27mg (20.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.85g (61.7%), Selenium: 45.5µg (65%), Vitamin B12: 3.84µg (63.99%), Vitamin B6: 1.12mg (56.16%), Vitamin B3: 10.35mg (51.76%), Vitamin B2: 0.6mg (35.37%), Phosphorus: 349.04mg (34.9%), Vitamin B1: 0.42mg (28.3%), Potassium: 947.2mg (27.06%), Vitamin C: 19.9mg (24.12%), Vitamin B5: 2.36mg (23.63%), Manganese: 0.46mg (22.89%), Copper: 0.44mg (21.85%), Magnesium: 63.91mg (15.98%), Folate: 63.62µg (15.91%), Vitamin A: 772.87IU (15.46%), Vitamin K: 15.57µg (14.82%), Calcium: 116.54mg (11.65%), Iron: 2.06mg (11.43%), Fiber: 2.69g (10.78%), Vitamin E: 1.53mg (10.23%), Zinc: 1.52mg (10.1%)