



Grilled Salmon Kabobs



Gluten Free



Very Healthy

READY IN



210 min.

SERVINGS



6

CALORIES



319 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 kirby cucumbers
- ☐ 6 servings garnish: dill fresh chopped
- ☐ 2 teaspoons optional: dill fresh chopped
- ☐ 12 grape tomatoes
- ☐ 3 teaspoons ground coriander
- ☐ 2 teaspoons ground cumin
- ☐ 0.5 teaspoon ground pepper red
- ☐ 1.5 teaspoons juice of lemon fresh

- ☐ 0.3 cup pickled okra finely chopped
- ☐ 1 tablespoon olive oil
- ☐ 1 cup yogurt plain
- ☐ 2.3 lb salmon fillet whole skinless cut into 1-inch cubes
- ☐ 1 teaspoon salt
- ☐ 72 inch metal skewers
- ☐ 72 inch metal skewers

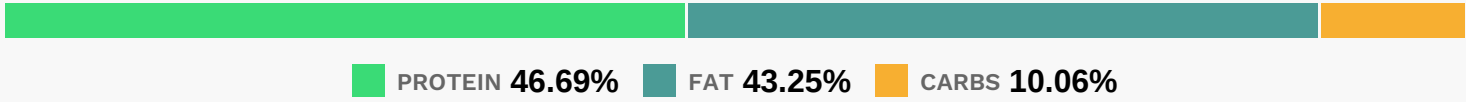
Equipment

- ☐ bowl
- ☐ grill
- ☐ skewers
- ☐ metal skewers
- ☐ wooden skewers

Directions

- ☐ Stir together first 4 ingredients in a bowl; transfer to a large zip-top plastic freezer bag.
- ☐ Add salmon, seal bag, and turn gently to coat. Chill 3 hours, turning occasionally.
- ☐ Meanwhile, stir together yogurt and next 4 ingredients; cover and chill until ready to serve. Soak wooden skewers in water 30 minutes. (Omit if using metal skewers.)
- ☐ Preheat grill to 350 to 400 (medium-high) heat. Scrape outside of cucumbers lengthwise using tines of a fork, scoring skin all the way around; cut into half moons.
- ☐ Remove salmon from marinade, discarding marinade. Thread salmon, cucumbers, and tomatoes alternately onto skewers, leaving a 1/8-inch space between pieces.
- ☐ Grill, covered with grill lid, 5 to 6 minutes on each side or to desired degree of doneness.
- ☐ Serve with yogurt mixture.

Nutrition Facts



Properties

Glycemic Index:28.5, Glycemic Load:1.14, Inflammation Score:-7, Nutrition Score:30.126087107088%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg

Nutrients (% of daily need)

Calories: 319.37kcal (15.97%), Fat: 15.12g (23.27%), Saturated Fat: 2.9g (18.14%), Carbohydrates: 7.91g (2.64%), Net Carbohydrates: 5.74g (2.09%), Sugar: 5.01g (5.57%), Cholesterol: 98.86mg (32.95%), Sodium: 487.96mg (21.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.73g (73.45%), Vitamin B12: 5.56µg (92.67%), Selenium: 63.49µg (90.69%), Vitamin B6: 1.53mg (76.4%), Vitamin B3: 13.78mg (68.91%), Vitamin B2: 0.76mg (44.64%), Phosphorus: 430.13mg (43.01%), Potassium: 1228.28mg (35.09%), Vitamin B5: 3.4mg (33.95%), Vitamin B1: 0.47mg (31.6%), Copper: 0.58mg (28.92%), Magnesium: 85.29mg (21.32%), Folate: 75.51µg (18.88%), Vitamin K: 16.88µg (16.08%), Vitamin C: 11.93mg (14.46%), Iron: 2.48mg (13.79%), Manganese: 0.27mg (13.41%), Vitamin A: 627.64IU (12.55%), Zinc: 1.76mg (11.74%), Calcium: 112.93mg (11.29%), Fiber: 2.18g (8.71%), Vitamin E: 0.68mg (4.52%)