



Grilled Salmon Paella Foil Packs

 Gluten Free

READY IN



90 min.

SERVINGS



8

CALORIES



741 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.8 teaspoon saffron threads
- 0.3 cup spring onion finely chopped
- 4 large cloves garlic finely chopped
- 3 tablespoons juice of lemon fresh
- 3 tablespoons olive oil extra virgin extra-virgin
- 1 tablespoon bell pepper sweet spanish or any paprika
- 2 teaspoons salt
- 0.5 teaspoon pepper black freshly ground

- 40 oz salmon fillet skinless
- 14 oz chicken broth canned
- 8 servings quick-cooking brown rice instant cooked
- 12 oz andouille sausage fully cooked
- 4 medium plum tomatoes seeded chopped (Roma)
- 2 medium bell pepper diced red
- 1 cup accompaniment: lightly whipped cream fresh italian packed chopped (flat-leaf)

Equipment

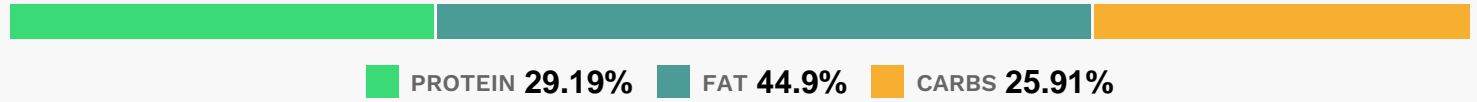
- bowl
- grill
- aluminum foil
- glass baking pan

Directions

- Soak saffron in 2 teaspoons hot water; set aside 30 minutes.
- To make salmon marinade, in small bowl, mix onions, garlic, lemon juice, 2 tablespoons of the oil, the paprika, salt and pepper. In 13x9-inch (3-quart) glass baking dish, arrange salmon; spoon marinade over salmon, turning to evenly coat. Cover; refrigerate 20 minutes.
- Cut 8 (18x12-inch) sheets of heavy-duty foil. Grease with remaining 1 tablespoon oil.
- Add water to broth to measure amount of water called for on rice package for 8 servings. Make 8 servings rice as directed on package, using broth and water mixture for the water.
- Meanwhile, cut sausages in half lengthwise.
- Cut crosswise into thin slices; stir into rice along with tomatoes, bell peppers and saffron threads with soaking liquid. Use fork to mix ingredients and separate saffron.
- Mound generous 1 cup rice mixture on center of each piece of foil. Top with 1 salmon fillet, and drizzle with a spoonful of marinade. Spoon any remaining marinade over fillets. Bring up long sides of foil together so edges meet. Seal edges, making tight 1/2-inch fold; fold again, allowing space for heat circulation and expansion. Fold other sides to seal.
- Heat gas or charcoal grill.

- Place packets on grill over low heat, allowing space around packets for circulation. Cover grill; cook 10 minutes for salmon that is opaque with a deeper pink center, or about 15 minutes until fish flakes easily with fork.
- Place packets on plates. Carefully unfold foil away from face.
- Sprinkle each serving with parsley.

Nutrition Facts



Properties

Glycemic Index:33.25, Glycemic Load:0.93, Inflammation Score:-9, Nutrition Score:37.970869478972%

Flavonoids

Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg

Nutrients (% of daily need)

Calories: 741.24kcal (37.06%), Fat: 36.39g (55.98%), Saturated Fat: 10.5g (65.61%), Carbohydrates: 47.26g (15.75%), Net Carbohydrates: 45.06g (16.39%), Sugar: 3.91g (4.35%), Cholesterol: 159.89mg (53.3%), Sodium: 1245.22mg (54.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 53.22g (106.45%), Selenium: 77.87µg (111.25%), Vitamin B3: 18.33mg (91.63%), Vitamin B12: 5.42µg (90.34%), Vitamin B6: 1.56mg (77.91%), Vitamin C: 47.34mg (57.38%), Phosphorus: 503.8mg (50.38%), Folate: 175.09µg (43.77%), Vitamin B2: 0.71mg (42.03%), Vitamin B1: 0.59mg (39.19%), Manganese: 0.71mg (35.66%), Vitamin A: 1648.29IU (32.97%), Potassium: 1094.75mg (31.28%), Iron: 5.57mg (30.92%), Vitamin B5: 2.91mg (29.06%), Zinc: 4.17mg (27.78%), Copper: 0.5mg (25.25%), Magnesium: 74.51mg (18.63%), Vitamin K: 17.12µg (16.31%), Vitamin E: 2mg (13.36%), Fiber: 2.2g (8.8%), Calcium: 63.78mg (6.38%), Vitamin D: 0.64µg (4.3%)