



 **57%**
HEALTH SCORE

Grilled Salmon with Bacon and Corn Relish

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



2

CALORIES



658 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 slices bacon
- 1 pinch cayenne pepper to taste
- 2 ears corn white
- 0.3 cup green onions - white and green parts from green tops light separated chopped
- 2 servings salt and ground pepper black to taste
- 2 teaspoons olive oil
- 0.3 cup bell pepper diced red
- 1 tablespoon rice vinegar to taste

- 16 ounce center-cut salmon fillets boneless
- 1 cup spinach leaves fresh
- 0.5 teaspoon vegetable oil

Equipment

- bowl
- frying pan
- knife
- grill

Directions

- Preheat an outdoor grill (preferably charcoal) for high heat and lightly oil the grate.
- Place bacon in a skillet over medium heat and cook until browned and crisp, 8 to 10 minutes.
- Cut kernels from corn ears into a large bowl using a sharp knife held at a 45-degree angle. Scrape cobs with the back of the knife into the bowl to get the juices.
- Stir white and light green parts of green onions into bacon and add red bell pepper; cook and stir until vegetables just start to become tender, about 2 minutes. Stir corn into bacon mixture and let corn just warm through. Season with salt, black pepper, cayenne pepper, a few chopped dark green onion tops, olive oil, and rice vinegar. Turn off heat under relish.
- Spread vegetable oil onto both sides of salmon fillets and season fish with salt, black pepper, and cayenne pepper.
- Cook on preheated grill until fish shows good grill marks, the flesh flakes easily, and fish is still slightly pink in the center, about 5 minutes per side. A crack that opens up in the salmon flesh as you cook will let you see how done the salmon is in the middle.
- Divide spinach leaves onto 2 plates and top each with a salmon fillet and half the bacon relish.
- Sprinkle on a few green onion tops for garnish.

Nutrition Facts

PROTEIN 33.64% **FAT 64.03%** **CARBS 2.33%**

Properties

Glycemic Index:105, Glycemic Load:0.51, Inflammation Score:-9, Nutrition Score:42.251304408778%

Flavonoids

Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 1.13mg, Kaempferol: 1.13mg, Kaempferol: 1.13mg, Kaempferol: 1.13mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.97mg, Quercetin: 1.97mg, Quercetin: 1.97mg, Quercetin: 1.97mg

Nutrients (% of daily need)

Calories: 657.69kcal (32.88%), Fat: 45.86g (70.56%), Saturated Fat: 11.75g (73.46%), Carbohydrates: 3.74g (1.25%), Net Carbohydrates: 2.63g (0.96%), Sugar: 1.22g (1.36%), Cholesterol: 168.3mg (56.1%), Sodium: 551.61mg (23.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 54.22g (108.43%), Selenium: 96.35µg (137.64%), Vitamin B12: 7.54µg (125.7%), Vitamin B6: 2.12mg (106.23%), Vitamin B3: 20.86mg (104.3%), Vitamin K: 103.92µg (98.97%), Vitamin B2: 0.97mg (57.1%), Phosphorus: 566.99mg (56.7%), Vitamin B1: 0.72mg (48.3%), Vitamin A: 2250.83IU (45.02%), Vitamin B5: 4.23mg (42.27%), Potassium: 1404.54mg (40.13%), Vitamin C: 30.51mg (36.98%), Copper: 0.63mg (31.52%), Folate: 102.64µg (25.66%), Magnesium: 90.91mg (22.73%), Zinc: 2.41mg (16.09%), Iron: 2.8mg (15.56%), Manganese: 0.24mg (11.96%), Vitamin E: 1.64mg (10.91%), Calcium: 56.73mg (5.67%), Fiber: 1.11g (4.45%), Vitamin D: 0.26µg (1.76%)