



Grilled Salmon with Bacon and Corn Relish

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



654 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
- 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 33.61% **FAT 64.39%** **CARBS 2%**

Properties

Glycemic Index:89, Glycemic Load:0.44, Inflammation Score:-8, Nutrition Score:36.447826105615%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg

Nutrients (% of daily need)

Calories: 654.24kcal (32.71%), Fat: 45.8g (70.47%), Saturated Fat: 11.74g (73.4%), Carbohydrates: 3.2g (1.07%), Net Carbohydrates: 2.42g (0.88%), Sugar: 1.16g (1.29%), Cholesterol: 168.3mg (56.1%), Sodium: 539.76mg (23.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 53.79g (107.58%), Selenium: 96.2µg (137.43%), Vitamin B12: 7.54µg (125.7%), Vitamin B6: 2.1mg (104.77%), Vitamin B3: 20.75mg (103.75%), Phosphorus: 559.64mg (55.96%), Vitamin B2: 0.94mg (55.43%), Vitamin B1: 0.71mg (47.52%), Vitamin B5: 4.22mg (42.17%), Potassium: 1320.84mg (37.74%), Vitamin C: 26.29mg (31.87%), Copper: 0.61mg (30.54%), Vitamin K: 31.47µg (29.97%), Magnesium: 79.06mg (19.77%), Folate: 73.54µg (18.38%), Vitamin A: 844.28IU (16.89%), Zinc: 2.33mg (15.56%), Iron: 2.39mg (13.3%), Vitamin E: 1.33mg (8.88%), Manganese: 0.1mg (5.24%), Calcium: 41.88mg (4.19%), Fiber: 0.78g (3.13%), Vitamin D: 0.26µg (1.76%)