



HEALTH SCORE

75%

Grilled Salmon with Basil Aioli



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



414 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.3 teaspoons anchovy fillets minced
- ☐ 2 large egg yolks organic (preferably)
- ☐ 2 tablespoons basil fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 6 servings olive oil (for brushing)
- ☐ 0.3 teaspoon pepper sauce generous hot ()
- ☐ 0.5 teaspoon red wine vinegar

- ☐ 2.5 pound salmon fillet skinless ()
- ☐ 1 tablespoon warm water
- ☐ 0.5 teaspoon worcestershire sauce

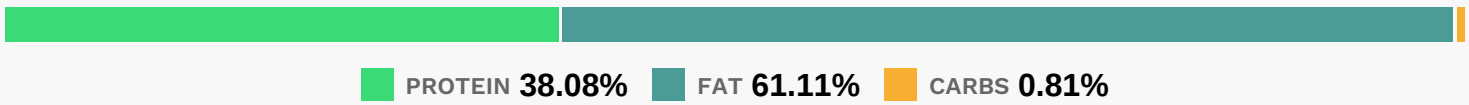
Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill
- ☐ spatula

Directions

- ☐ Whisk egg yolks, basil, garlic, anchovies, vinegar, and Worcestershire sauce in medium bowl.
- ☐ Whisk in 2 tablespoons oil a few drops at a time, then gradually whisk in remaining oil in thin stream.
- ☐ Whisk in 1 tablespoon warm water, lemon juice, and hot pepper sauce. Season to taste with salt and pepper. Cover and chill. DO AHEAD: Can be made 1 day ahead. Keep chilled.
- ☐ Prepare barbecue (high heat).
- ☐ Brush grill rack with oil.
- ☐ Brush salmon with oil; sprinkle with salt and pepper. Grill salmon uncovered 5 minutes. Using 2 large spatulas, carefully turn fish over. Grill until fish just begins to flake in center, 4 to 5 minutes longer.
- ☐ Transfersalmon to platter. Arrange Blistered Baby Zucchini, Baby Pattypan Squash, and Grilled
- ☐ Tomatoes around salmon.
- ☐ Serve with aioli.

Nutrition Facts



Properties

Glycemic Index:16.67, Glycemic Load:0.1, Inflammation Score:-4, Nutrition Score:27.799565420203%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 413.64kcal (20.68%), Fat: 27.52g (42.34%), Saturated Fat: 4.34g (27.09%), Carbohydrates: 0.82g (0.27%), Net Carbohydrates: 0.79g (0.29%), Sugar: 0.16g (0.18%), Cholesterol: 165.41mg (55.14%), Sodium: 97.91mg (4.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.58g (77.17%), Selenium: 72.47µg (103.53%), Vitamin B12: 6.12µg (102.06%), Vitamin B6: 1.58mg (79.07%), Vitamin B3: 14.94mg (74.69%), Vitamin B2: 0.75mg (44.24%), Phosphorus: 403.32mg (40.33%), Vitamin B5: 3.33mg (33.28%), Vitamin B1: 0.44mg (29.37%), Potassium: 947.06mg (27.06%), Copper: 0.49mg (24.26%), Vitamin E: 2.18mg (14.5%), Folate: 56.6µg (14.15%), Magnesium: 56.22mg (14.05%), Vitamin K: 11.26µg (10.72%), Iron: 1.83mg (10.16%), Zinc: 1.37mg (9.12%), Vitamin A: 193.61IU (3.87%), Calcium: 34.57mg (3.46%), Manganese: 0.06mg (2.93%), Vitamin D: 0.31µg (2.04%), Vitamin C: 1.59mg (1.93%)