



100%

Grilled Salmon with Black Beans and Piment d'Espelette Mayonnaise



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



803 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings pepper black freshly ground
- ☐ 30 ounces black beans rinsed drained canned
- ☐ 0.5 cup celery finely chopped
- ☐ 0.3 cup cilantro plus leaves fresh chopped for garnish
- ☐ 0.5 teaspoon coarse sea salt plus additional for seasoning
- ☐ 1 tablespoon thyme leaves fresh chopped
- ☐ 5 garlic cloves; 2 minced pressed

- ☐ 1 teaspoon ground cumin
- ☐ 2 tablespoons jalapeño chiles with seeds chopped (scant)
- ☐ 1 tablespoon lemon zest finely grated
- ☐ 0.3 cup olive oil
- ☐ 0.5 cup plum tomatoes chopped
- ☐ 0.5 cup onion red finely chopped
- ☐ 42 ounce salmon fillet with skin

Equipment

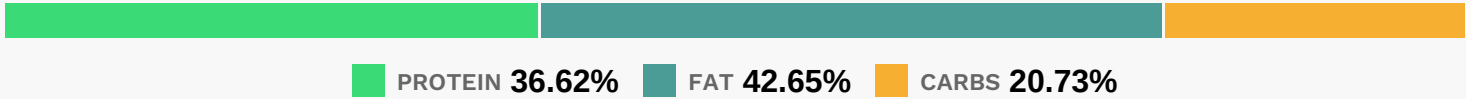
- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ grill
- ☐ glass baking pan

Directions

- ☐ Whisk 1/3 cup olive oil, pressed garlic, lemonpeel, thyme, and 1/2 teaspoon sea salt in small bowl.
- ☐ Place fish, skin side down, in 13x9x2-inch glass baking dish.
- ☐ Brush marinade over top and sides of fish. Cover; chill at least 2 hours and up to 4 hours.
- ☐ Heat 3 tablespoons olive oil in heavy large skillet over medium-high heat.
- ☐ Add onion, celery, tomatoes, chiles, and minced garlic. Sauté until vegetables are just soft, about 5 minutes.
- ☐ Mix in black beans and cumin. Reduce heat to medium and cook until flavors blend, stirring occasionally, about 5 minutes. Season to taste with sea salt and pepper. DO AHEAD: Can be made 2 hours ahead; let stand at room temperature.
- ☐ Spray grill rack with nonstick spray and prepare barbecue (medium-high heat). Arrange fish, skin side up, on rack; spray skin. Grill fish 4 to 5 minutes; turn over. Grill until fish is just opaque in center, about 3 minutes longer, depending on thickness.
- ☐ Rewarm beans with 1/4 cup water over medium heat; mix in chopped cilantro.

- ☐
- Place 1/2 cup beans on each plate; topwith fish and dollop of Piment d'Espelette Mayonnaise; garnish with cilantro leaves.
- ☐
- Bon Appétit

Nutrition Facts



Properties

Glycemic Index:68.25, Glycemic Load:1.31, Inflammation Score:-10, Nutrition Score:51.521739130435%

Flavonoids

Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Apigenin: 0.42mg, Apigenin: 0.42mg, Apigenin: 0.42mg, Apigenin: 0.42mg Luteolin: 1.05mg, Luteolin: 1.05mg, Luteolin: 1.05mg, Luteolin: 1.05mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 5.26mg, Quercetin: 5.26mg, Quercetin: 5.26mg, Quercetin: 5.26mg

Nutrients (% of daily need)

Calories: 802.98kcal (40.15%), Fat: 37.79g (58.14%), Saturated Fat: 5.61g (35.09%), Carbohydrates: 41.32g (13.77%), Net Carbohydrates: 24.96g (9.07%), Sugar: 2.22g (2.47%), Cholesterol: 163.72mg (54.57%), Sodium: 1253.29mg (54.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 72.99g (145.99%), Selenium: 112.18µg (160.25%), Vitamin B12: 9.47µg (157.77%), Vitamin B6: 2.7mg (134.97%), Vitamin B3: 25.15mg (125.75%), Phosphorus: 853.75mg (85.38%), Vitamin B2: 1.43mg (83.93%), Vitamin B1: 1.01mg (67.29%), Potassium: 2307.99mg (65.94%), Fiber: 16.37g (65.47%), Copper: 1.22mg (60.8%), Folate: 220.7µg (55.18%), Vitamin B5: 5.49mg (54.91%), Magnesium: 174.74mg (43.68%), Iron: 7.43mg (41.28%), Manganese: 0.75mg (37.5%), Vitamin C: 26.77mg (32.45%), Zinc: 3.27mg (21.83%), Vitamin E: 3.11mg (20.72%), Vitamin K: 21.69µg (20.66%), Calcium: 145.66mg (14.57%), Vitamin A: 670.46IU (13.41%)