



Grilled Salmon with Blackberry-Cabernet Coulis



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



337 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2.5 cups blackberries rinsed drained
- ☐ 1 tablespoon butter
- ☐ 1 cup wine dry red
- ☐ 2 tablespoons ginger fresh minced
- ☐ 6 salmon steaks thick
- ☐ 6 servings salt and pepper
- ☐ 2 tablespoons shallots minced

☐ 2 tablespoons sugar

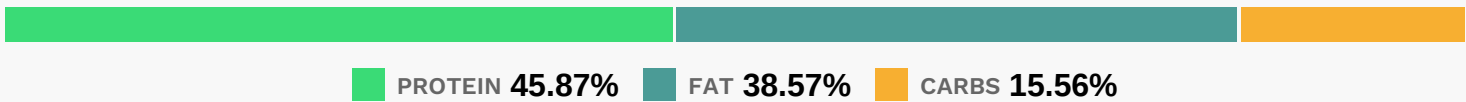
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ sieve
- ☐ blender
- ☐ grill
- ☐ skewers

Directions

- ☐ In a food processor or blender, combine wine and 2 cups berries; whirl until pured. Rub berry mixture through a fine strainer into a 1 1/2- to 2-quart pan; discard residue.
- ☐ Add shallots, ginger, and 2 tablespoons sugar. Bring berry mixture to a boil over high heat, and stir often until reduced to 1 cup, about 10 minutes.
- ☐ Remove from heat, and stir in butter and more sugar to taste (see notes).
- ☐ Rinse salmon and pat dry. Coil belly strips of fish into center of steaks and secure each portion with a small skewer (such as the kind used for trussing turkeys).
- ☐ Lay salmon on an oiled grill over a solid bed of hot coals or high heat on a gas grill (you can hold your hand at grill level only 2 to 3 seconds); close lid on gas grill. Cook fish, turning once, until opaque but still moist-looking in center of thickest part (cut to test), 7 to 10 minutes.
- ☐ Set a salmon steak on each of 6 warm plates (remove skewers if desired). Spoon berry coulis (if cool, stir over high heat until warm, about 1 minute) equally over steaks.
- ☐ Garnish with remaining 1/2 cup whole berries; add salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:23.35, Glycemic Load:3.63, Inflammation Score:-7, Nutrition Score:27.449565182561%

Flavonoids

Cyanidin: 59.97mg, Cyanidin: 59.97mg, Cyanidin: 59.97mg, Cyanidin: 59.97mg Petunidin: 1.33mg, Petunidin: 1.33mg, Petunidin: 1.33mg, Petunidin: 1.33mg Delphinidin: 1.67mg, Delphinidin: 1.67mg, Delphinidin: 1.67mg, Delphinidin: 1.67mg Malvidin: 10.5mg, Malvidin: 10.5mg, Malvidin: 10.5mg, Malvidin: 10.5mg Pelargonidin: 0.27mg, Pelargonidin: 0.27mg, Pelargonidin: 0.27mg, Pelargonidin: 0.27mg Peonidin: 0.87mg, Peonidin: 0.87mg, Peonidin: 0.87mg, Peonidin: 0.87mg Catechin: 25.32mg, Catechin: 25.32mg, Catechin: 25.32mg, Catechin: 25.32mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 7.06mg, Epicatechin: 7.06mg, Epicatechin: 7.06mg, Epicatechin: 7.06mg Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.51mg, Myricetin: 0.51mg, Myricetin: 0.51mg, Myricetin: 0.51mg Quercetin: 2.38mg, Quercetin: 2.38mg, Quercetin: 2.38mg, Quercetin: 2.38mg

Nutrients (% of daily need)

Calories: 336.84kcal (16.84%), Fat: 12.98g (19.98%), Saturated Fat: 2.07g (12.94%), Carbohydrates: 11.79g (3.93%), Net Carbohydrates: 8.45g (3.07%), Sugar: 7.22g (8.02%), Cholesterol: 93.5mg (31.17%), Sodium: 291.94mg (12.69%), Alcohol: 4.2g (100%), Alcohol %: 1.88% (100%), Protein: 34.74g (69.47%), Vitamin B12: 5.41µg (90.14%), Selenium: 62.37µg (89.1%), Vitamin B6: 1.42mg (71.2%), Vitamin B3: 13.77mg (68.87%), Vitamin B2: 0.66mg (39.1%), Phosphorus: 356.53mg (35.65%), Vitamin B5: 3.01mg (30.11%), Potassium: 952.12mg (27.2%), Copper: 0.53mg (26.63%), Vitamin B1: 0.4mg (26.6%), Manganese: 0.43mg (21.53%), Magnesium: 63.08mg (15.77%), Vitamin C: 12.99mg (15.74%), Folate: 58.91µg (14.73%), Fiber: 3.33g (13.33%), Vitamin K: 11.91µg (11.34%), Iron: 1.79mg (9.94%), Zinc: 1.43mg (9.52%), Vitamin A: 280IU (5.6%), Vitamin E: 0.78mg (5.21%), Calcium: 40.27mg (4.03%)