



WHATSheATE



Grilled Salmon With Charred-Corn Relish



Gluten Free



Dairy Free

READY IN



51 min.

SERVINGS



4

CALORIES



330 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 0.8 teaspoon pepper black divided freshly ground
- ☐ 1 pint cherry tomatoes halved
- ☐ 4 ears shucked corn
- ☐ 0.8 teaspoon kosher salt divided
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 16 ounce salmon fillet

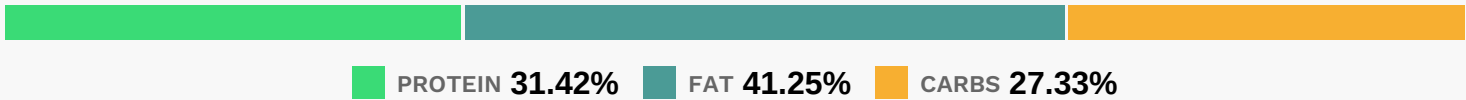
Equipment

- ☐ bowl
- ☐ grill
- ☐ kitchen thermometer

Directions

- ☐ Prepare grill.
- ☐ Soak corn in a large bowl of cold water for 20 minutes.
- ☐ Remove and pat dry. Coat corn on all sides with cooking spray, and season with 1/4 teaspoon salt and 1/4 teaspoon pepper. Grill about 15 minutes or until charred on all sides.
- ☐ Remove cobs from grill, and cool slightly. Slice the kernels from the cobs, and transfer to a medium bowl.
- ☐ Add tomatoes, olive oil, vinegar, and sliced basil; season with 1/4 teaspoon salt and 1/4 teaspoon pepper.
- ☐ Let the relish sit at room temperature for 15 minutes before serving.
- ☐ Meanwhile, lightly coat both sides of salmon fillets with cooking spray; season with remaining 1/4 teaspoon salt and 1/4 teaspoon pepper.
- ☐ Place fillets skin side down, and grill 34 minutes or until golden brown. Flip fillets, and grill for 3 more minutes. Fish should feel slightly firm in the center and will register 145 on an instant-read thermometer.
- ☐ Place salmon onto each of 4 plates, and spoon relish over top.
- ☐ Garnish with basil sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:20.5, Glycemic Load:0.73, Inflammation Score:-7, Nutrition Score:24.90695653791%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.83mg, Quercetin:

0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg

Nutrients (% of daily need)

Calories: 329.58kcal (16.48%), Fat: 15.55g (23.92%), Saturated Fat: 2.39g (14.96%), Carbohydrates: 23.18g (7.73%), Net Carbohydrates: 20.45g (7.44%), Sugar: 9.78g (10.86%), Cholesterol: 62.37mg (20.79%), Sodium: 514.49mg (22.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.64g (53.29%), Selenium: 42.54µg (60.77%), Vitamin B12: 3.61µg (60.1%), Vitamin B3: 11.14mg (55.7%), Vitamin B6: 1.11mg (55.29%), Vitamin C: 33.09mg (40.11%), Phosphorus: 342.13mg (34.21%), Potassium: 1070.64mg (30.59%), Vitamin B2: 0.51mg (29.83%), Vitamin B1: 0.44mg (29.25%), Vitamin B5: 2.69mg (26.9%), Copper: 0.43mg (21.41%), Folate: 81.59µg (20.4%), Magnesium: 78.44mg (19.61%), Manganese: 0.35mg (17.42%), Vitamin A: 794.17IU (15.88%), Iron: 2.32mg (12.87%), Vitamin E: 1.74mg (11.58%), Fiber: 2.72g (10.89%), Zinc: 1.32mg (8.78%), Vitamin K: 8.41µg (8.01%), Calcium: 32.58mg (3.26%)