

 100%
HEALTH SCORE

Grilled Salmon with Cucumber Salad



Gluten Free



Very Healthy

READY IN



35 min.

SERVINGS



4

CALORIES



609 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons chives chopped
- ☐ 4 servings cucumber
- ☐ 4 servings optional: dill fresh
- ☐ 2 teaspoons flat parsley chopped
- ☐ 1 tablespoon optional: dill fresh chopped
- ☐ 4 servings sauce
- ☐ 0.1 teaspoon kosher salt
- ☐ 0.3 teaspoon kosher salt

- ☐ 0.3 teaspoon kosher salt
- ☐ 0.8 teaspoon juice of lemon
- ☐ 2 teaspoons juice of lemon
- ☐ 1 tablespoon olive oil
- ☐ 1 tablespoon olive oil extra virgin extra-virgin
- ☐ 2 teaspoons olive oil extra virgin extra-virgin
- ☐ 0.1 teaspoon pepper
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 pound cucumber english
- ☐ 4 fillet salmon fillet with skin thick (each 5 to 6 oz.,)
- ☐ 4 servings salmon
- ☐ 1.5 teaspoons shallots minced
- ☐ 1 cup yogurt plain

Equipment

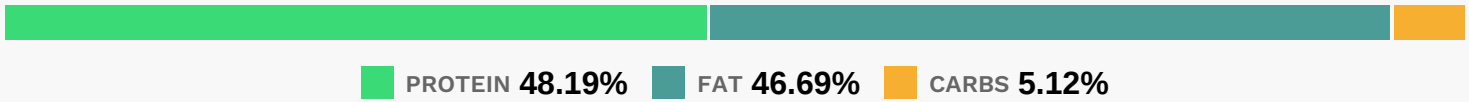
- ☐ bowl
- ☐ knife
- ☐ grill
- ☐ aluminum foil
- ☐ mandoline
- ☐ spatula

Directions

- ☐ Combine yogurt, dill, oil, lemon juice, salt, and pepper in a bowl. Cover and chill until used.
- ☐ Heat grill to medium-high (about 450).
- ☐ Cut cucumbers lengthwise into paper-thin strips, preferably with a mandoline. Put in a bowl with herbs and shallot; chill until used. In another bowl, mix oil, lemon juice, salt, and pepper; set dressing aside.

- ☐ Prepare salmon: Rub all over with oil and sprinkle all over with salt and pepper. Fold a 12- by 20-in. sheet of heavy-duty foil in half crosswise. With a knife tip, poke dime-size holes through foil about 2 in. apart. Oil one side of foil.
- ☐ Set foil with oiled side up on cooking grate. Set fillets slightly separated, skin side down, on foil. Grill, covered, until fish is barely cooked through, 7 to 12 minutes. With a wide spatula, slide fish from skin to a platter and tent with foil. If you want crisp skin, continue to cook skin on foil until crisp, 2 to 3 more minutes.
- ☐ Remove foil from grill, then gently peel off skin, using your fingers or a wide spatula (skin may break into pieces).
- ☐ Set crisp skin, if using, on plates and set the salmon on top. Discard any liquid from cucumber mixture in bowl, then quickly toss mixture with dressing and mound on fish.
- ☐ Garnish with fresh dill sprigs.
- ☐ Serve immediately with yogurt sauce (salmon skin will soften as it stands).

Nutrition Facts



Properties

Glycemic Index:54, Glycemic Load:0.06, Inflammation Score:-7, Nutrition Score:40.509130643762%

Flavonoids

Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg Hesperetin: 0.5mg, Hesperetin: 0.5mg, Hesperetin: 0.5mg, Hesperetin: 0.5mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 608.53kcal (30.43%), Fat: 30.75g (47.31%), Saturated Fat: 4.67g (29.22%), Carbohydrates: 7.59g (2.53%), Net Carbohydrates: 7.2g (2.62%), Sugar: 6.05g (6.72%), Cholesterol: 188.23mg (62.74%), Sodium: 573.78mg (24.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 71.42g (142.85%), Vitamin B12: 11.19µg (186.43%), Selenium: 126.5µg (180.72%), Vitamin B6: 2.84mg (142.13%), Vitamin B3: 26.87mg (134.35%), Vitamin B2: 1.46mg (85.68%), Phosphorus: 791.45mg (79.15%), Vitamin B5: 6.21mg (62.11%), Potassium: 1918.83mg (54.82%), Vitamin B1: 0.82mg (54.36%), Copper: 0.89mg (44.41%), Magnesium: 118.77mg (29.69%), Folate: 98.33µg (24.58%), Zinc: 2.9mg

(19.32%), Calcium: 174.47mg (17.45%), Iron: 3.04mg (16.91%), Vitamin K: 17.11µg (16.29%), Vitamin E: 1.32mg (8.81%), Manganese: 0.13mg (6.75%), Vitamin C: 4.09mg (4.96%), Vitamin A: 243.22IU (4.86%), Fiber: 0.39g (1.56%)