



WHATSheATE



Grilled Salmon with Cucumber-Yogurt Salad



Gluten Free



Very Healthy

READY IN



18 min.

SERVINGS



4

CALORIES



329 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cucumber peeled halved lengthwise seeded cut into 1/4-inch slices
- ☐ 1 teaspoon dill dried fresh chopped
- ☐ 0.5 small clove garlic minced
- ☐ 1 tablespoon olive oil
- ☐ 1 cup yogurt plain
- ☐ 1.5 pounds salmon fillet cut into 4 pieces
- ☐ 4 servings salt and pepper

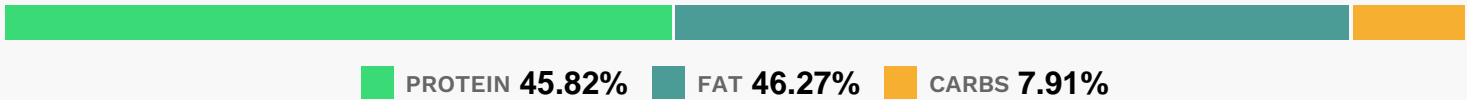
Equipment

- ☐ bowl
- ☐ grill
- ☐ spatula

Directions

- ☐ In a medium bowl, combine cucumbers, yogurt, garlic and dill and mix well. Cover and refrigerate at least 15 minutes or up to 6 hours.
- ☐ Preheat gas grill to medium-high. Rub salmon with olive oil and sprinkle with salt and pepper. Oil grill and cook salmon, skin side down, 4 to 5 minutes. Use a wide spatula to flip salmon; grill until just opaque, another 4 to 5 minutes.
- ☐ Season cucumber salad with salt and pepper and serve alongside salmon.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:0.91, Inflammation Score:-5, Nutrition Score:28.256087195614%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 329.03kcal (16.45%), Fat: 16.53g (25.43%), Saturated Fat: 3.46g (21.6%), Carbohydrates: 6.36g (2.12%), Net Carbohydrates: 5.27g (1.91%), Sugar: 4.93g (5.48%), Cholesterol: 101.52mg (33.84%), Sodium: 300.46mg (13.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.83g (73.66%), Vitamin B12: 5.64µg (93.93%), Selenium: 63.64µg (90.91%), Vitamin B6: 1.5mg (74.82%), Vitamin B3: 13.48mg (67.4%), Vitamin B2: 0.77mg (45.41%), Phosphorus: 431.81mg (43.18%), Vitamin B5: 3.43mg (34.31%), Potassium: 1142.26mg (32.64%), Vitamin B1: 0.45mg (30.03%), Copper: 0.54mg (26.99%), Magnesium: 75.9mg (18.98%), Folate: 67.82µg (16.96%), Vitamin K: 13.04µg (12.42%), Calcium: 120.82mg (12.08%), Zinc: 1.72mg (11.45%), Iron: 1.87mg (10.39%), Manganese: 0.16mg (7.79%), Vitamin C: 5.35mg (6.48%), Vitamin A: 251.34IU (5.03%), Fiber: 1.09g (4.37%), Vitamin E: 0.59mg (3.91%)