



## Grilled Salmon with Indian Spices and Raita

 Gluten Free

READY IN



40 min.

SERVINGS



6

CALORIES



337 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 tablespoon garam masala
- 1 cup yogurt plain
- 2 teaspoons ground coriander
- 0.8 cup cucumber peeled seeded finely chopped
- 1 tablespoon juice of lime fresh
- 0.5 cup ginger fresh peeled coarsely chopped
- 0.3 cup vegetable oil plus more
- 2 tablespoons cilantro leaves fresh plus more for garnish finely chopped

- 6 servings pepper black freshly ground
- 2 garlic clove coarsely chopped
- 2 spring onion finely chopped
- 2 pound salmon fillet boneless
- 1.5 teaspoons ground cumin

## Equipment

- bowl
- blender
- baking pan
- grill

## Directions

- Prepare grill (medium-high heat). Purée ginger, 1/4 cup oil, 1 tablespoon garam masala, garlic, coriander, and cumin in a blender
- until coarse purée forms. Put salmon into a baking dish and season with salt and pepper. Coat salmon with ginger puree.
- Let marinate at room temperature for 15 minutes.
- Meanwhile, stir yogurt, cucumber,
- cilantro, scallions, lime juice, and remaining 1 teaspoon garam masala in a medium bowl. Season raita to taste with salt and pepper.
- Brush the grill rack with oil.
- Brush off marinade for easier grilling, or leave it on for a better crust. Grill salmon, turning once, until it just begins to flake in center, 4-5 minutes per side.
- Transfer salmon to a platter.
- Garnish with cilantro.
- Serve with raita.
- Per serving: 394 calories, 24 g fat, 1 g fiber
- Bon Appétit

## Nutrition Facts

PROTEIN 39.85% FAT 52.01% CARBS 8.14%

## Properties

Glycemic Index:26.83, Glycemic Load:0.4, Inflammation Score:-5, Nutrition Score:25.192609082098%

## Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

## Nutrients (% of daily need)

Calories: 337kcal (16.85%), Fat: 19.18g (29.5%), Saturated Fat: 2.95g (18.45%), Carbohydrates: 6.76g (2.25%), Net Carbohydrates: 5.84g (2.12%), Sugar: 3.66g (4.07%), Cholesterol: 83.98mg (27.99%), Sodium: 101.91mg (4.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.06g (66.13%), Vitamin B12: 5.06µg (84.29%), Selenium: 57.1µg (81.58%), Vitamin B6: 1.3mg (64.91%), Vitamin B3: 12.07mg (60.36%), Vitamin B2: 0.69mg (40.33%), Phosphorus: 381.52mg (38.15%), Vitamin B5: 2.85mg (28.48%), Potassium: 938.19mg (26.81%), Vitamin K: 26.91µg (25.63%), Vitamin B1: 0.38mg (25.21%), Copper: 0.43mg (21.67%), Magnesium: 62.53mg (15.63%), Folate: 48.9µg (12.22%), Calcium: 117.96mg (11.8%), Iron: 1.86mg (10.35%), Zinc: 1.51mg (10.04%), Manganese: 0.12mg (6.15%), Vitamin E: 0.82mg (5.45%), Vitamin C: 3.33mg (4.03%), Fiber: 0.92g (3.69%), Vitamin A: 132.42IU (2.65%)