



Grilled Salmon with Quick Blueberry Pan Sauce



Gluten Free



Dairy Free



Very Healthy

READY IN



40 min.

SERVINGS



4

CALORIES



373 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon balsamic vinegar
- ☐ 1 cup blueberries fresh
- ☐ 0.3 teaspoon kosher salt for seasoning
- ☐ 3 tablespoons mint leaves fresh divided thinly sliced
- ☐ 1 garlic clove thinly sliced
- ☐ 0.1 teaspoon ground allspice for seasoning
- ☐ 1 tablespoon olive oil for brushing

- ☐ 28 ounce salmon steaks with skin (each 3/)
- ☐ 0.8 cup shallots sliced
- ☐ 0.3 teaspoon thyme leaves fresh chopped for seasoning
- ☐ 0.3 cup water

Equipment

- ☐ frying pan
- ☐ potato masher
- ☐ grill

Directions

- ☐ Heat 1 tablespoon oil in large skillet over medium heat.
- ☐ Add shallots; sauté until softened, about 5 minutes.
- ☐ Add garlic, 1/4 teaspoon coarse salt, 1/4 teaspoon thyme, and 1/8 teaspoon allspice. Stir until fragrant, about 30 seconds.
- ☐ Add blueberries, 1/4 cup water, and vinegar. Stir to blend. Mash berries with potato masher or back of fork and cook until sauce thickens, stirring often, 3 to 4 minutes. Season with freshly ground black pepper.
- ☐ Remove from heat. DO AHEAD Can be made 2 hours ahead.
- ☐ Let stand at room temperature. Rewarm before using.
- ☐ Brush grill rack with oil. Prepare barbecue (medium-high heat).
- ☐ Brush salmon on both sides with oil; sprinkle with coarse salt, thyme, allspice, and black pepper.
- ☐ Grill salmon until just opaque in center, 4 to 5 minutes per side.
- ☐ Transfer to plates. Stir 2 tablespoons sliced mint into warm blueberry sauce. Spoon sauce over salmon and sprinkle with remaining 1 tablespoon mint.
- ☐ Serve immediately.
- ☐ Per serving: 400 calories, 18 g fat, 1 g fiber
- ☐ Bon Appétit
- ☐ Per serving: 400 calories, 18 g fat, 1 g fiber

Nutrition Facts

 **PROTEIN 44.53%**  **FAT 39.84%**  **CARBS 15.63%**

Properties

Glycemic Index:52.5, Glycemic Load:4.02, Inflammation Score:-7, Nutrition Score:31.059565274612%

Flavonoids

Cyanidin: 3.13mg, Cyanidin: 3.13mg, Cyanidin: 3.13mg, Cyanidin: 3.13mg Petunidin: 11.67mg, Petunidin: 11.67mg, Petunidin: 11.67mg, Petunidin: 11.67mg Delphinidin: 13.11mg, Delphinidin: 13.11mg, Delphinidin: 13.11mg, Delphinidin: 13.11mg Malvidin: 25.01mg, Malvidin: 25.01mg, Malvidin: 25.01mg, Malvidin: 25.01mg Peonidin: 7.51mg, Peonidin: 7.51mg, Peonidin: 7.51mg, Peonidin: 7.51mg Catechin: 1.96mg, Catechin: 1.96mg, Catechin: 1.96mg, Catechin: 1.96mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg Eriodictyol: 1.16mg, Eriodictyol: 1.16mg, Eriodictyol: 1.16mg, Eriodictyol: 1.16mg Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg Quercetin: 2.85mg, Quercetin: 2.85mg, Quercetin: 2.85mg, Quercetin: 2.85mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 373.32kcal (18.67%), Fat: 16.29g (25.07%), Saturated Fat: 2.46g (15.37%), Carbohydrates: 14.38g (4.79%), Net Carbohydrates: 11.73g (4.26%), Sugar: 7.78g (8.65%), Cholesterol: 109.15mg (36.38%), Sodium: 241.43mg (10.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.97g (81.95%), Vitamin B12: 6.31µg (105.18%), Selenium: 73.11µg (104.44%), Vitamin B6: 1.81mg (90.51%), Vitamin B3: 15.91mg (79.57%), Vitamin B2: 0.79mg (46.45%), Phosphorus: 432.8mg (43.28%), Vitamin B5: 3.49mg (34.94%), Potassium: 1179.35mg (33.7%), Vitamin B1: 0.49mg (32.9%), Copper: 0.58mg (28.77%), Magnesium: 73.19mg (18.3%), Folate: 71.29µg (17.82%), Manganese: 0.35mg (17.59%), Iron: 2.5mg (13.9%), Vitamin C: 8.79mg (10.65%), Fiber: 2.65g (10.62%), Zinc: 1.57mg (10.43%), Vitamin K: 9.62µg (9.16%), Calcium: 55.48mg (5.55%), Vitamin A: 266.78IU (5.34%), Vitamin E: 0.73mg (4.89%)