



 **66%**
HEALTH SCORE

Grilled Salmon with Red Onion Relish

 **Gluten Free**  **Very Healthy**

READY IN



23 min.

SERVINGS



4

CALORIES



306 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons balsamic vinegar
- 0.5 teaspoon pepper black freshly ground
- 1 teaspoon capers
- 2 teaspoons olive oil extra virgin
- 2 tablespoons feta cheese crumbled
- 0.5 teaspoon kosher salt
- 2 tablespoons oil-cured olives pitted chopped
- 1 small onion red cut into 1/3-inch-thick slices

24 ounce salmon fillet ()

Equipment

bowl

whisk

grill

Directions

Prepare grill.

Combine first 4 ingredients in a small bowl, stirring well with a whisk.

Brush 2 tablespoons vinegar mixture on fish; brush remaining vinegar mixture on onion slices.

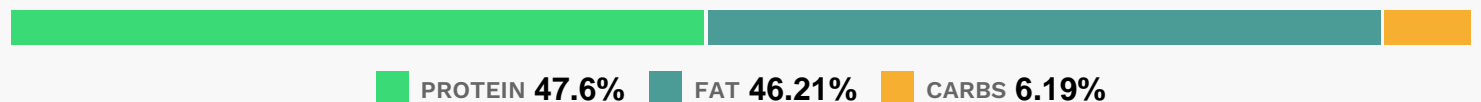
Let stand 10 minutes.

Place onion slices and fish, skin sides down, on grill rack coated with cooking spray. Grill onion 4 minutes on each side or until lightly browned and tender. Grill fish 4 to 6 minutes on each side or until fish flakes easily when tested with a fork.

Coarsely chop grilled onion, and place in a large bowl; add cheese, olives, and capers, tossing well.

Serve relish with fish.

Nutrition Facts



Properties

Glycemic Index:34, Glycemic Load:1.37, Inflammation Score:-5, Nutrition Score:25.226956543067%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.84mg, Kaempferol: 0.84mg, Kaempferol: 0.84mg, Kaempferol: 0.84mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.45mg, Quercetin: 6.45mg, Quercetin: 6.45mg, Quercetin: 6.45mg

Nutrients (% of daily need)

Calories: 306.33kcal (15.32%), Fat: 15.26g (23.48%), Saturated Fat: 3.17g (19.83%), Carbohydrates: 4.6g (1.53%), Net Carbohydrates: 3.92g (1.43%), Sugar: 2.39g (2.65%), Cholesterol: 101.12mg (33.71%), Sodium: 541.7mg (23.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.37g (70.75%), Vitamin B12: 5.55µg (92.55%), Selenium: 63.55µg (90.79%), Vitamin B6: 1.46mg (73.13%), Vitamin B3: 13.5mg (67.51%), Vitamin B2: 0.73mg (42.76%), Phosphorus: 378.94mg (37.89%), Vitamin B5: 2.95mg (29.51%), Vitamin B1: 0.41mg (27.42%), Potassium: 893.14mg (25.52%), Copper: 0.45mg (22.55%), Magnesium: 55.69mg (13.92%), Folate: 50.75µg (12.69%), Zinc: 1.39mg (9.29%), Iron: 1.6mg (8.87%), Calcium: 74.39mg (7.44%), Manganese: 0.11mg (5.43%), Vitamin E: 0.47mg (3.12%), Fiber: 0.68g (2.71%), Vitamin C: 2.06mg (2.49%), Vitamin A: 122.24IU (2.44%), Vitamin K: 2.06µg (1.96%)