



HEALTH SCORE

54%

Grilled Salmon with Roasted Corn Relish



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



310 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 anaheim chiles
- ☐ 0.5 teaspoon pepper black divided freshly ground
- ☐ 2 shucked ears corn
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1 teaspoon ground cumin
- ☐ 6 tablespoons juice of lime fresh
- ☐ 24 ounce salmon fillet skinless
- ☐ 1 teaspoon salt divided

☐ 1 cup tomatoes diced

Equipment

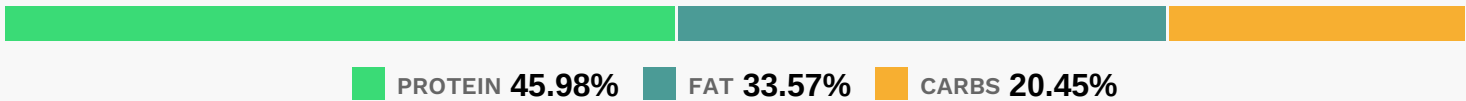
☐ grill

☐ ziploc bags

Directions

- ☐ Prepare grill.
- ☐ Place chiles on grill rack coated with cooking spray; grill 5 minutes on each side or until blackened.
- ☐ Place chiles in a heavy-duty zip-top plastic bag; seal.
- ☐ Let stand 5 minutes. Peel chiles; cut in half lengthwise. Discard seeds and membranes.
- ☐ Cut chiles into 1/4-inch strips.
- ☐ Place corn on grill rack coated with cooking spray; grill 10 minutes or until lightly browned, turning occasionally. Cool slightly.
- ☐ Cut kernels from cobs.
- ☐ Combine chiles, corn, tomato, cilantro, and juice; toss gently.
- ☐ Add 1/2 teaspoon salt and 1/4 teaspoon black pepper.
- ☐ Combine remaining 1/2 teaspoon salt, remaining 1/4 teaspoon black pepper, and cumin, stirring well. Rub spice mixture evenly over both sides of salmon.
- ☐ Place salmon on grill rack coated with cooking spray; grill 4 minutes on each side or until fish flakes easily when tested with a fork or until desired degree of doneness.
- ☐ Serve with relish.

Nutrition Facts



Properties

Glycemic Index:26.75, Glycemic Load:0.42, Inflammation Score:-7, Nutrition Score:28.496956669766%

Flavonoids

Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg Hesperetin: 2.02mg, Hesperetin: 2.02mg, Hesperetin: 2.02mg Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg

Nutrients (% of daily need)

Calories: 310.42kcal (15.52%), Fat: 11.61g (17.86%), Saturated Fat: 1.84g (11.49%), Carbohydrates: 15.91g (5.3%), Net Carbohydrates: 12.48g (4.54%), Sugar: 6.06g (6.74%), Cholesterol: 93.55mg (31.18%), Sodium: 853.11mg (37.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.78g (71.55%), Vitamin B12: 5.41µg (90.15%), Selenium: 62.43µg (89.18%), Vitamin B6: 1.48mg (73.8%), Vitamin B3: 14.46mg (72.28%), Vitamin B2: 0.69mg (40.31%), Phosphorus: 395.7mg (39.57%), Vitamin B5: 3.22mg (32.23%), Vitamin B1: 0.48mg (31.84%), Potassium: 1087.18mg (31.06%), Vitamin C: 21.94mg (26.6%), Copper: 0.49mg (24.4%), Magnesium: 74.41mg (18.6%), Folate: 69.97µg (17.49%), Fiber: 3.43g (13.72%), Iron: 2.09mg (11.64%), Vitamin A: 548.93IU (10.98%), Manganese: 0.2mg (10.07%), Zinc: 1.41mg (9.4%), Vitamin K: 6.75µg (6.43%), Calcium: 34.98mg (3.5%), Vitamin E: 0.33mg (2.18%)