






 **66%**
HEALTH SCORE

Grilled Salmon with Sherry Vinegar-Honey Glaze and Spicy Tomato Relish

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

READY IN

75 min.

SERVINGS

4

CALORIES

465 kcal

LUNCH **MAIN COURSE** **MAIN DISH** **DINNER**

Ingredients

- 1 tablespoon ancho chile powder
- 2 tablespoons dijon mustard
- 0.3 cup honey
- 0.3 cup olive oil
- 2 tablespoons onion diced spanish finely
- 2 tablespoons parsley chopped
- 1 teaspoon pepper flakes red

- 0.3 cup red wine vinegar
- 4 fillet salmon
- 4 servings salt and pepper freshly ground
- 4 servings salt and pepper freshly ground to taste
- 1 cup sherry vinegar
- 2 medium tomatoes ripe chopped

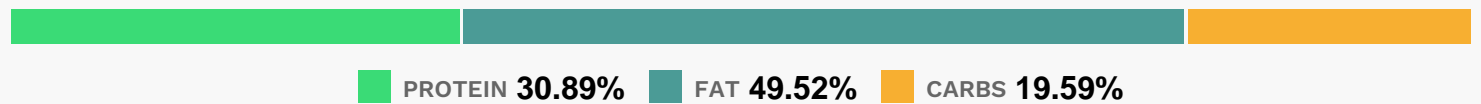
Equipment

- bowl
- sauce pan
- mixing bowl
- grill

Directions

- In a small saucepan over high heat, reduce the vinegar to 1/4 cup. In a mixing bowl, combine the vinegar syrup with the mustard, honey, and ancho chile powder and season to taste with salt and pepper.
- Let rest 30 minutes. Preheat grill.
- Brush the salmon with the glaze and grill 3 minutes on each side for medium.
- Combine all ingredients in a bowl and season with salt and pepper to taste.
- Serve at room temperature.

Nutrition Facts



Properties

Glycemic Index:45.32, Glycemic Load:9.88, Inflammation Score:-8, Nutrition Score:31.198695597441%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg

0.04mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg

Nutrients (% of daily need)

Calories: 464.76kcal (23.24%), Fat: 25.03g (38.51%), Saturated Fat: 3.63g (22.71%), Carbohydrates: 22.29g (7.43%), Net Carbohydrates: 20.16g (7.33%), Sugar: 19.53g (21.7%), Cholesterol: 93.5mg (31.17%), Sodium: 597.37mg (25.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.13g (70.26%), Selenium: 65.31µg (93.3%), Vitamin B12: 5.41µg (90.1%), Vitamin B6: 1.51mg (75.51%), Vitamin B3: 14.12mg (70.59%), Vitamin K: 48.56µg (46.25%), Vitamin B2: 0.7mg (41.03%), Phosphorus: 379.79mg (37.98%), Potassium: 1097.5mg (31.36%), Vitamin A: 1495.45IU (29.91%), Vitamin B5: 2.96mg (29.57%), Vitamin B1: 0.43mg (28.76%), Copper: 0.51mg (25.61%), Vitamin E: 3.27mg (21.81%), Magnesium: 68.31mg (17.08%), Iron: 2.72mg (15.09%), Vitamin C: 11.98mg (14.52%), Folate: 57.36µg (14.34%), Manganese: 0.23mg (11.65%), Zinc: 1.45mg (9.65%), Fiber: 2.12g (8.5%), Calcium: 49.56mg (4.96%)