



Grilled Salmon with Tomatillo-Avocado Salsa



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



132 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 lb firm-ripe avocado
- ☐ 2 tablespoons balsamic vinegar
- ☐ 2 jalapeño chilies fresh stemmed
- ☐ 2 cloves garlic unpeeled
- ☐ 0.5 cup cilantro leaves fresh
- ☐ 2 tablespoons juice of lime
- ☐ 2 tablespoons olive oil
- ☐ 0.3 cup onion minced

- ☐ 4 pieces boned salmon fillets thick (1 in. ; 6 oz. each)
- ☐ 0.5 pound tomatillos

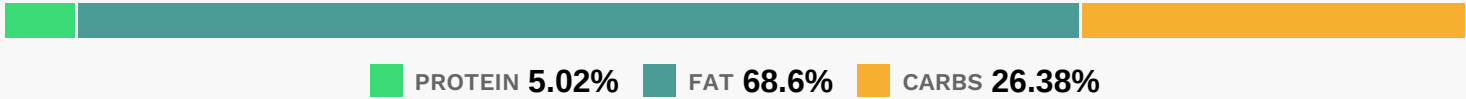
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ blender
- ☐ grill

Directions

- ☐ Pull off and discard tomatillo husks. Rinse and dry tomatillos.
- ☐ In a 10- to 12-inch frying pan over medium-high heat, cook tomatillos and garlic until lightly browned, about 5 minutes, turning often.
- ☐ Remove from pan to cool.
- ☐ Peel garlic and mash to a paste with 1/4 teaspoon salt.
- ☐ Mix with oil and vinegar.
- ☐ Rinse fish and pat dry. Coat skinless sides of salmon with garlic mixture.
- ☐ Let stand about 5 minutes.
- ☐ For minimum heat, remove seeds and veins from chilies. Coarsely chop chilies.
- ☐ In a food processor or blender, combine chilies, tomatillos, 1/4 cup cilantro, and lime juice. Whirl until pureed.
- ☐ Peel, pit, and coarsely dice avocado.
- ☐ Add half the avocado to tomatillo mixture and whirl just to blend slightly.
- ☐ Pour into a bowl and stir in onion, remaining diced avocado, and salt to taste.
- ☐ Lay fish on an oiled grill over a solid bed of hot coals or high heat on a gas grill (you can hold your hand at grill level only 2 to 3 seconds); close lid on gas grill. Cook salmon, turning once, until opaque but still moist-looking in center of thickest part (cut to test), 6 to 8 minutes.
- ☐ Transfer fish to plates, garnish with remaining cilantro, and top with tomatillo-avocado salsa.
- ☐ Add salt to taste.

Nutrition Facts



Properties

Glycemic Index:37.33, Glycemic Load:1.5, Inflammation Score:-5, Nutrition Score:8.0508694843106%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg 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: 2.55mg, Quercetin: 2.55mg, Quercetin: 2.55mg, Quercetin: 2.55mg

Nutrients (% of daily need)

Calories: 132.07kcal (6.6%), Fat: 10.74g (16.53%), Saturated Fat: 1.52g (9.5%), Carbohydrates: 9.29g (3.1%), Net Carbohydrates: 5.59g (2.03%), Sugar: 3.81g (4.23%), Cholesterol: 0.37mg (0.12%), Sodium: 7.23mg (0.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.77g (3.54%), Vitamin C: 32.59mg (39.5%), Vitamin K: 20.88µg (19.89%), Fiber: 3.71g (14.82%), Vitamin E: 1.75mg (11.66%), Vitamin B6: 0.23mg (11.33%), Potassium: 372mg (10.63%), Folate: 39.93µg (9.98%), Manganese: 0.18mg (9.07%), Vitamin B3: 1.64mg (8.18%), Copper: 0.13mg (6.74%), Vitamin A: 334.09IU (6.68%), Vitamin B5: 0.65mg (6.54%), Magnesium: 24.69mg (6.17%), Vitamin B2: 0.08mg (4.95%), Phosphorus: 48.64mg (4.86%), Vitamin B1: 0.06mg (4.17%), Iron: 0.73mg (4.06%), Zinc: 0.41mg (2.73%), Calcium: 16.3mg (1.63%), Selenium: 0.86µg (1.23%)