



HEALTH SCORE

97%

Grilled Salmon with Tomato, Cucumber and Caper Salsa



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



310 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup capers drained
- ☐ 12 ounce cherry tomatoes quartered
- ☐ 1 medium cucumber diced english unpeeled
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 1.8 teaspoons ground cumin
- ☐ 0.3 cup juice of lemon fresh
- ☐ 1 tablespoon lemon zest grated

- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 2.5 pound salmon fillet whole with skin (1 side)
- ☐ 0.3 cup shallots chopped
- ☐ 1 large bell pepper diced yellow

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ whisk
- ☐ grill
- ☐ spatula
- ☐ glass baking pan

Directions

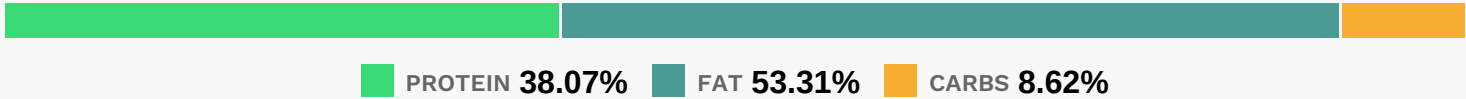
- ☐ Whisk first 5 ingredients in small bowl. Season marinade with salt and pepper.
- ☐ Combine 1/2 cup marinade, cucumber and next 4 ingredients in medium bowl; season salsa with salt and pepper.
- ☐ Let stand 30 minutes; toss occasionally.
- ☐ Spray barbecue rack with nonstick spray and prepare barbecue (medium-high heat).
- ☐ Place salmon, skin side down, in large glass baking dish. Top with remaining marinade.
- ☐ Let stand 10 minutes.
- ☐ Sprinkle with salt and pepper.
- ☐ Spray basket with nonstick spray.
- ☐ Place salmon in fish basket, folding tail under if fish is too long.
- ☐ Place basket on barbecue and grill salmon, skin side up, 5 minutes. Turn basket over; grill salmon until just opaque in center, about 5 minutes longer. Turn salmon out onto platter.
- ☐ Spray rimless baking sheet with nonstick spray.
- ☐ Place salmon, skin side up, on sheet. Spray skin with nonstick spray. Slide salmon, skin side up, onto barbecue. Grill 5 minutes. Stand blade of large spatula at 1 long side of salmon to hold in place. From opposite side, slide rimless baking sheet completely under salmon. Hold salmon

with spatula; turn sheet and salmon over, releasing salmon, skin side down, onto barbecue. Grill salmon until just opaque in center, about 5 minutes longer. Slide baking sheet under salmon; transfer fish to platter.

☐

Serve with salsa.

Nutrition Facts



Properties

Glycemic Index:10.25, Glycemic Load:0.46, Inflammation Score:-7, Nutrition Score:26.17608671603%

Flavonoids

Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 7.19mg, Kaempferol: 7.19mg, Kaempferol: 7.19mg, Kaempferol: 7.19mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 10.07mg, Quercetin: 10.07mg, Quercetin: 10.07mg, Quercetin: 10.07mg

Nutrients (% of daily need)

Calories: 310.4kcal (15.52%), Fat: 18.3g (28.16%), Saturated Fat: 2.67g (16.72%), Carbohydrates: 6.66g (2.22%), Net Carbohydrates: 5.33g (1.94%), Sugar: 2.5g (2.78%), Cholesterol: 77.96mg (25.99%), Sodium: 221.73mg (9.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.41g (58.82%), Vitamin B12: 4.51µg (75.13%), Selenium: 52.27µg (74.67%), Vitamin C: 59.15mg (71.7%), Vitamin B6: 1.29mg (64.41%), Vitamin B3: 11.67mg (58.36%), Vitamin B2: 0.57mg (33.73%), Phosphorus: 315.85mg (31.59%), Potassium: 925.94mg (26.46%), Vitamin B5: 2.56mg (25.59%), Vitamin B1: 0.36mg (24.17%), Copper: 0.46mg (23.22%), Folate: 57.37µg (14.34%), Magnesium: 56.96mg (14.24%), Iron: 2.15mg (11.95%), Vitamin E: 1.63mg (10.85%), Vitamin K: 10.18µg (9.69%), Manganese: 0.16mg (8.11%), Zinc: 1.13mg (7.56%), Vitamin A: 350.46IU (7.01%), Fiber: 1.33g (5.33%), Calcium: 39.44mg (3.94%)