



Grilled Whole Salmon with Preserved Lemon Relish



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



461 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 pounds half of a salmon wild-caught whole cleaned , skin on (2 pounds)
- ☐ 8 servings olive oil
- ☐ 8 servings squeezed lemon juice fresh
- ☐ 2 preserved lemons whole seeds removed, chopped rinsed
- ☐ 0.3 cup parsley fresh chopped
- ☐ 0.3 cup optional: dill fresh chopped
- ☐ 0.3 cup shallots chopped

- ☐ 1 teaspoon olive oil extra virgin
- ☐ 0.5 teaspoon juice of lemon
- ☐ 8 servings ground pepper black

Equipment

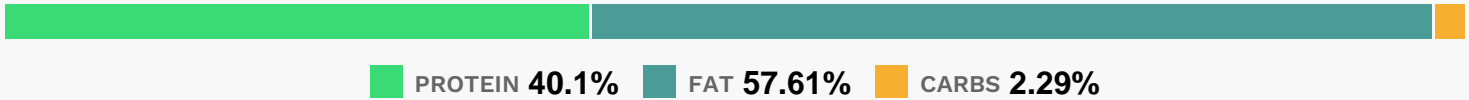
- ☐ bowl
- ☐ paper towels
- ☐ grill
- ☐ kitchen thermometer
- ☐ tongs
- ☐ kitchen twine
- ☐ kitchen scale

Directions

- ☐ Combine all relish ingredients into a small bowl.
- ☐ Preheat grill for indirect heat.
- ☐ Scale the fish if needed, rinse, pat dry: Check to make sure the scales have been removed from the salmon's skin. If scales remain, use edge of a large spoon, scrape against the sides of the fish, in the direction of tail to head, to remove any fish scales that may still be on the fish. (Best to work over a sink, as the scales tend to fly all over the place.) Rinse fish with cold water and pat dry.
- ☐ Stuff the salmon, tie up with kitchen string: Make 1-inch deep, diagonal cuts in sides of the salmon, spaced 1 1/2 to 2 inches apart. Stuff the cuts well with relish. Stuff cavity with relish. (Note that if this uses up all of your relish, you may want to make another batch of it to serve alongside the fish.)
- ☐ Squeeze some lemon juice over the fish. Rub olive oil generously all over the fish (this will help keep it from sticking to the grill grates).
- ☐ Tie up the fish with kitchen string, to help hold it together while grilling.
- ☐ Grill the salmon: When the grill is good and hot, oil the grill grates. (Use tongs to spread oil over the grates with a folded up and oil-soaked paper towel.)

- ☐
- Grill on indirect heat (away from coals or not directly over flame) for 20–30 min, turning half way. Try to keep the grill temperature at 350°F–375°F. Use a meat thermometer to test the fish, inserted into the deepest part. The fish is done when the internal temperature of the fish is 130°F.
- ☐
- If the skin comes off when you flip the fish, or when you remove the salmon from the grill, don't worry about it. Just peel it off before serving.
- ☐
- Serve with remaining fresh relish. A 2 lb half-whole salmon will serve 4.

Nutrition Facts



Properties

Glycemic Index:13.63, Glycemic Load:0.34, Inflammation Score:-6, Nutrition Score:32.873043718545%

Flavonoids

Eriodictyol: 0.75mg, Eriodictyol: 0.75mg, Eriodictyol: 0.75mg, Eriodictyol: 0.75mg Hesperetin: 2.22mg, Hesperetin: 2.22mg, Hesperetin: 2.22mg, Hesperetin: 2.22mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 4.05mg, Apigenin: 4.05mg, Apigenin: 4.05mg, Apigenin: 4.05mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.64mg, Isorhamnetin: 0.64mg, Isorhamnetin: 0.64mg, Isorhamnetin: 0.64mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg

Nutrients (% of daily need)

Calories: 460.55kcal (23.03%), Fat: 28.96g (44.55%), Saturated Fat: 4.24g (26.49%), Carbohydrates: 2.59g (0.86%), Net Carbohydrates: 2.18g (0.79%), Sugar: 0.99g (1.1%), Cholesterol: 124.74mg (41.58%), Sodium: 103.09mg (4.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 45.35g (90.71%), Vitamin B12: 7.21µg (120.2%), Selenium: 82.89µg (118.42%), Vitamin B6: 1.89mg (94.62%), Vitamin B3: 17.9mg (89.52%), Vitamin B2: 0.87mg (51.29%), Phosphorus: 461.47mg (46.15%), Vitamin B5: 3.83mg (38.3%), Vitamin K: 39.7µg (37.81%), Vitamin B1: 0.52mg (34.88%), Potassium: 1174.47mg (33.56%), Copper: 0.58mg (29.11%), Magnesium: 70.16mg (17.54%), Folate: 67.35µg (16.84%), Vitamin E: 2.13mg (14.19%), Vitamin C: 10.26mg (12.44%), Iron: 2.22mg (12.33%), Zinc: 1.52mg (10.16%), Vitamin A: 363.79IU (7.28%), Manganese: 0.09mg (4.7%), Calcium: 37.1mg (3.71%), Fiber: 0.41g (1.65%)