



Heirloom Tomato and Grilled Corn Panzanella with Salmon

 Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



752 kcal

SIDE DISH

Ingredients

- ☐ 1 loaf tuscan bread sliced
- ☐ 8 servings canola oil for brushing
- ☐ 1 tablespoon dijon mustard
- ☐ 8 ears corn
- ☐ 1 cucumber english quartered
- ☐ 1 bunch basil fresh
- ☐ 12 heirloom tomatoes whole assorted cut in halves or quarters cherry tomato varieties left

- ☐ 2 teaspoons honey
- ☐ 8 servings kosher salt and pepper black freshly ground
- ☐ 0.5 cup olive oil extra-virgin plus more for brushing
- ☐ 1 small onion red halved thinly sliced
- ☐ 48 ounce salmon fillet
- ☐ 0.3 cup chardonnay vinegar

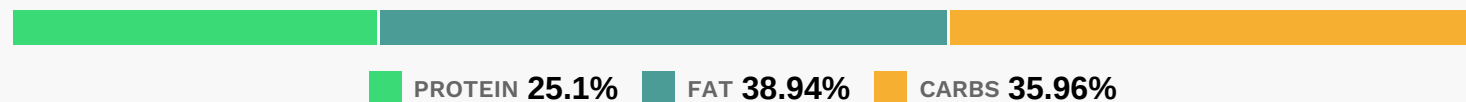
Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill

Directions

- ☐ Whisk together the vinegar, mustard and honey in a small bowl.
- ☐ Whisk in the olive oil and season with salt and pepper.
- ☐ Put the tomatoes, corn, cucumbers and onions in a large bowl, add half of the dressing and toss to coat; season with salt and pepper.
- ☐ Let sit at room temperature for at least 15 minutes.
- ☐ Brush the bread slices with the olive oil, season with salt and pepper and tear into pieces. Chop most of the basil leaves, reserving some whole leave for rubbing the salmon and as a garnish. Just before serving, add the bread and chopped basil to the tomato salad.
- ☐ Heat a charcoal or gas grill to medium high for direct grilling. Rub each salmon fillet on both sides with some of the basil leaves, brush with canola oil and sprinkle with salt and pepper. Grill until golden brown on both sides and just cooked through, about 3 minutes per side.
- ☐ Put the salmon on a platter and drizzle each piece with a little of the remaining dressing. Top with the salad, drizzle with more of the dressing and garnish with basil leaves.

Nutrition Facts



Properties

Glycemic Index:44.99, Glycemic Load:24.64, Inflammation Score:-9, Nutrition Score:47.306521457175%

Flavonoids

Naringenin: 1.25mg, Naringenin: 1.25mg, Naringenin: 1.25mg, Naringenin: 1.25mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 3.88mg, Quercetin: 3.88mg, Quercetin: 3.88mg, Quercetin: 3.88mg

Nutrients (% of daily need)

Calories: 752.18kcal (37.61%), Fat: 33.05g (50.84%), Saturated Fat: 4.03g (25.22%), Carbohydrates: 68.66g (22.89%), Net Carbohydrates: 60.7g (22.07%), Sugar: 18.04g (20.04%), Cholesterol: 93.55mg (31.18%), Sodium: 521.89mg (22.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 47.93g (95.86%), Selenium: 87.99µg (125.69%), Vitamin B3: 20.89mg (104.43%), Vitamin B12: 5.41µg (90.15%), Vitamin B6: 1.75mg (87.6%), Manganese: 1.48mg (74.13%), Vitamin B1: 0.96mg (64.13%), Phosphorus: 590.34mg (59.03%), Vitamin B2: 0.96mg (56.71%), Potassium: 1716.98mg (49.06%), Folate: 186.35µg (46.59%), Vitamin B5: 4.46mg (44.61%), Vitamin C: 33.83mg (41.01%), Vitamin K: 41.16µg (39.2%), Vitamin A: 1869.2IU (37.38%), Copper: 0.74mg (36.85%), Magnesium: 145.85mg (36.46%), Fiber: 7.96g (31.84%), Iron: 5.62mg (31.2%), Vitamin E: 4.09mg (27.26%), Zinc: 2.82mg (18.83%), Calcium: 160.08mg (16.01%)