



Ocean Trout with Coleslaw and Crispy Smoked Bacon



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



353 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black divided freshly ground
- ☐ 4.5 ounce canadian bacon
- ☐ 1 teaspoon dijon mustard
- ☐ 0.8 cup flat-leaf parsley leaves fresh
- ☐ 2 cups cabbage green thinly sliced
- ☐ 0.1 teaspoon kosher salt
- ☐ 0.3 teaspoon kosher salt

- ☐ 2 tablespoons canola mayonnaise (such as Spectrum)
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 2.3 cups cabbage red thinly sliced
- ☐ 0.5 cup onion red thinly sliced
- ☐ 36 ounce salmon fillet
- ☐ 1.5 tablespoons citrus champagne vinegar

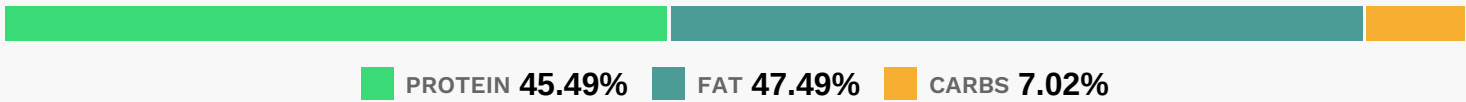
Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill

Directions

- ☐ Preheat grill to medium-high heat.
- ☐ Place bacon on grill rack; grill 1 1/2 minutes on each side or until browned.
- ☐ Remove from grill; set aside.
- ☐ Sprinkle fish evenly with 1/4 teaspoon salt and 1/4 teaspoon pepper. Arrange fish on a grill rack coated with cooking spray; grill 4 minutes on each side or until desired degree of doneness.
- ☐ Combine cabbages, parsley, and onion in a large bowl.
- ☐ Combine vinegar, oil, and mustard in a small bowl, stirring with a whisk; stir in mayonnaise.
- ☐ Add vinegar mixture, 1/8 teaspoon salt, and remaining 1/4 teaspoon pepper to cabbage mixture, tossing to coat. Top slaw with bacon just before serving with fish.
- ☐ Wine note: The rich pink meat of ocean trout (or salmon) can easily handle a lighter red wine, especially when prepared with crispy smoked bacon. Bogle Pinot Noir 2008 (\$14), from California's cool Russian River Valley, is medium-bodied with light berry and cherry flavors that won't overpower the dish, while a beam of bright acidity helps to balance the fish's healthful natural fats. --Jeffery Lindenmuth

Nutrition Facts



Properties

Glycemic Index:41.5, Glycemic Load:1.29, Inflammation Score:-8, Nutrition Score:35.450869871222%

Flavonoids

Cyanidin: 70.03mg, Cyanidin: 70.03mg, Cyanidin: 70.03mg, Cyanidin: 70.03mg Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Apigenin: 16.2mg, Apigenin: 16.2mg, Apigenin: 16.2mg, Apigenin: 16.2mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 1.18mg, Myricetin: 1.18mg, Myricetin: 1.18mg, Myricetin: 1.18mg Quercetin: 2.91mg, Quercetin: 2.91mg, Quercetin: 2.91mg, Quercetin: 2.91mg

Nutrients (% of daily need)

Calories: 353.13kcal (17.66%), Fat: 18.27g (28.11%), Saturated Fat: 3.04g (19.02%), Carbohydrates: 6.08g (2.03%), Net Carbohydrates: 4.24g (1.54%), Sugar: 2.69g (2.99%), Cholesterol: 106.14mg (35.38%), Sodium: 469.52mg (20.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.38g (78.76%), Vitamin K: 162.83µg (155.08%), Selenium: 68.14µg (97.35%), Vitamin B12: 5.56µg (92.62%), Vitamin B6: 1.6mg (79.86%), Vitamin B3: 15.01mg (75.04%), Vitamin C: 38.55mg (46.72%), Vitamin B2: 0.73mg (42.82%), Phosphorus: 418.6mg (41.86%), Vitamin B1: 0.59mg (39.63%), Potassium: 1094.32mg (31.27%), Vitamin B5: 3.1mg (30.99%), Copper: 0.47mg (23.28%), Vitamin A: 1099.97IU (22%), Folate: 73.67µg (18.42%), Magnesium: 67.05mg (16.76%), Iron: 2.45mg (13.59%), Zinc: 1.62mg (10.79%), Manganese: 0.21mg (10.34%), Fiber: 1.84g (7.35%), Calcium: 61.86mg (6.19%), Vitamin E: 0.67mg (4.46%), Vitamin D: 0.6µg (4.03%)