



 **100%**
HEALTH SCORE

Rick Bayless' Grilled Salmon Vera Cruz with Lemon-and-Thyme-Scented Salsa

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



45 min.

SERVINGS



6

CALORIES



454 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 teaspoons lemon zest finely grated
- 2 tablespoons thyme sprigs fresh chopped for garnish
- 0.3 cup capers drained and rinsed
- 3 jalapeno stemmed seeded thinly sliced
- 1 cup olive green pitted roughly sliced (preferably manzanillo olives)
- 6 servings salt to taste
- 3 pasilla peppers stemmed seeded thinly sliced

- 4 cloves garlic finely chopped
- 42 ounces salmon steaks
- 1 medium onion thinly sliced
- 0.3 cup olive oil extra virgin extra-virgin plus more for oiling the grill and the salmon
- 7 cups tomatoes diced ripe ()

Equipment

- sauce pan
- grill

Directions

- Place oil in a saucepan over medium heat.
- Add the onion and cook, stirring, until just beginning to brown, about 5 minutes.
- Add the garlic and cook 1 minute more. Raise the heat to medium-high and add the tomatoes, chopped thyme, lemon zest, and half of the olives, capers, and peppers. Simmer briskly, stirring, for about 5 minutes to evaporate some of the liquid. Reduce the heat to medium-low, stir in 1 cup water and simmer for 15 minutes. Taste and season with salt. Cool.
- Preheat a gas grill to medium-high or light a charcoal fire and let it burn just until the coals are covered with gray ash and very hot. Reduce the heat on one side of the gas grill to medium-low or set up the charcoal grill for indirect cooking by banking all of the coals to one side, leaving the other half of the grill empty. Set the cooking grate in place, cover the grill and let the grate heat for 5 minutes.
- Oil the grill and both sides of each salmon steak; sprinkle fish with salt. Cook the salmon over the hottest part of the grill for about 4 minutes, until nicely browned underneath. Carefully flip over the fish onto the cooler side of the grill; cook 2 to 4 minutes more for medium-rare.
- Spoon the sauce into a deep platter and nestle the fish in it.
- Let stand at room temperature for about an hour to bring together the flavors of the fish and the sauce.
- To serve, sprinkle the fish with remaining olives, capers, and peppers; garnish with the thyme sprigs.
- Serve immediately.
- Per serving: 460 calories, 15g carbohydrates, 42g protein, 25g fat, 110mg cholesterol.

Nutrition Facts

PROTEIN 37.06% **FAT 50.47%** **CARBS 12.47%**

Properties

Glycemic Index:30.33, Glycemic Load:2.71, Inflammation Score:-10, Nutrition Score:41.333913512852%

Flavonoids

Naringenin: 1.18mg, Naringenin: 1.18mg, Naringenin: 1.18mg, Naringenin: 1.18mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 4.09mg, Luteolin: 4.09mg, Luteolin: 4.09mg, Luteolin: 4.09mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 9.89mg, Kaempferol: 9.89mg, Kaempferol: 9.89mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 19.02mg, Quercetin: 19.02mg, Quercetin: 19.02mg, Quercetin: 19.02mg

Nutrients (% of daily need)

Calories: 453.86kcal (22.69%), Fat: 25.63g (39.43%), Saturated Fat: 3.77g (23.58%), Carbohydrates: 14.25g (4.75%), Net Carbohydrates: 9.23g (3.36%), Sugar: 7.26g (8.07%), Cholesterol: 109.15mg (36.38%), Sodium: 846.2mg (36.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.35g (84.7%), Vitamin C: 86.85mg (105.27%), Vitamin B12: 6.31µg (105.18%), Selenium: 73.13µg (104.47%), Vitamin B6: 1.99mg (99.48%), Vitamin B3: 17.19mg (85.94%), Vitamin B2: 0.84mg (49.36%), Phosphorus: 464.89mg (46.49%), Potassium: 1568.42mg (44.81%), Vitamin A: 2033.24IU (40.66%), Vitamin B1: 0.57mg (37.97%), Copper: 0.72mg (36.11%), Vitamin B5: 3.59mg (35.91%), Vitamin K: 27.06µg (25.78%), Vitamin E: 3.63mg (24.23%), Magnesium: 94.72mg (23.68%), Folate: 90.56µg (22.64%), Manganese: 0.41mg (20.63%), Fiber: 5.02g (20.08%), Iron: 3.05mg (16.92%), Zinc: 1.78mg (11.89%), Calcium: 80.99mg (8.1%)