



Roasted Salmon with Red Pepper and Corn Relish



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



10

CALORIES



342 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons coriander seeds
- ☐ 0.3 cup wine dry white
- ☐ 4 cups ears corn fresh (from 4 ears)
- ☐ 2 tablespoons thyme sprigs fresh chopped
- ☐ 3 garlic clove minced
- ☐ 4 spring onion thinly sliced
- ☐ 2 tablespoons honey

- ☐ 0.3 cup juice of lemon fresh
- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 2 tablespoons paprika
- ☐ 0.3 cup parsley fresh italian chopped
- ☐ 4 bell pepper red
- ☐ 50 ounce salmon fillet skinless thick (each)
- ☐ 2 teaspoons salt

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil
- ☐ broiler
- ☐ mortar and pestle

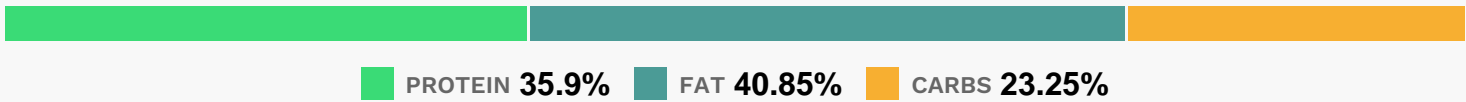
Directions

- ☐ Toast coriander seeds in small skillet over medium heat until aromatic, stirring frequently, about 2 minutes. Cool slightly. Crush in mortar with pestle.
- ☐ Char bell peppers over gas flame or under broiler until blackened on all sides. Enclose in paper bag 10 minutes. Peel and seed peppers; cut into 1/2-inch pieces. Set aside.
- ☐ Heat 2 tablespoons oil in heavy large skillet over medium-high heat.
- ☐ Add corn and green onions and sauté until corn begins to brown in spots, about 5 minutes.
- ☐ Add garlic and thyme; sauté 2 minutes.
- ☐ Add wine and stir until liquid evaporates, about 1 minute.
- ☐ Remove from heat. Stir in bell peppers, lemon juice, honey, and remaining 2 tablespoons olive oil.
- ☐ Add 1 1/2 teaspoons crushed coriander seeds. (Relish can be made 8 hours ahead. Cover and refrigerate. Stir over medium heat until heated through before serving.) Stir parsley into relish.

Season to taste with salt and pepper.

- ☐
- Preheat oven to 400°F. Line large baking sheet with foil.
- ☐
- Mix first 5 ingredients and remaining crushed coriander seeds in medium bowl.
- ☐
- Brush salmon all over with mixture.
- ☐
- Transfer to prepared baking sheet. Roast salmon until opaque in center, about 10 minutes.
- ☐
- Transfer to platter. Spoon relish over salmon and serve.

Nutrition Facts



Properties

Glycemic Index:25.33, Glycemic Load:2.7, Inflammation Score:-10, Nutrition Score:33.17739099005%

Flavonoids

Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.3mg, Eriodictyol: 0.3mg, Eriodictyol: 0.3mg, Eriodictyol: 0.3mg Hesperetin: 0.91mg, Hesperetin: 0.91mg, Hesperetin: 0.91mg, Hesperetin: 0.91mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 3.27mg, Apigenin: 3.27mg, Apigenin: 3.27mg, Apigenin: 3.27mg Luteolin: 0.95mg, Luteolin: 0.95mg, Luteolin: 0.95mg, Luteolin: 0.95mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 342.06kcal (17.1%), Fat: 15.73g (24.21%), Saturated Fat: 2.41g (15.03%), Carbohydrates: 20.15g (6.72%), Net Carbohydrates: 16.66g (6.06%), Sugar: 9.57g (10.63%), Cholesterol: 77.96mg (25.99%), Sodium: 541.9mg (23.56%), Alcohol: 0.62g (100%), Alcohol %: 0.28% (100%), Protein: 31.12g (62.24%), Vitamin C: 72.9mg (88.36%), Selenium: 52.69µg (75.27%), Vitamin B12: 4.51µg (75.13%), Vitamin B6: 1.41mg (70.45%), Vitamin B3: 12.89mg (64.45%), Vitamin A: 2586.25IU (51.72%), Vitamin K: 41.46µg (39.48%), Vitamin B2: 0.65mg (38.08%), Phosphorus: 363.22mg (36.32%), Vitamin B1: 0.45mg (30.08%), Vitamin B5: 2.99mg (29.95%), Potassium: 1042.76mg (29.79%), Folate: 89.75µg (22.44%), Copper: 0.43mg (21.66%), Magnesium: 79.31mg (19.83%), Iron: 2.6mg (14.42%), Fiber: 3.48g (13.93%), Manganese: 0.27mg (13.66%), Vitamin E: 2.03mg (13.5%), Zinc: 1.49mg (9.95%), Calcium: 46.12mg (4.61%)