



Salmon Gyro with Tomato-Red Pepper Relish and Spicy Herbed Tzatziki

 Gluten Free

READY IN



55 min.

SERVINGS



6

CALORIES



337 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 servings boston lettuce leaves for serving
- ☐ 0.5 cup canola oil
- ☐ 0.5 cucumber dry english grated
- ☐ 0.3 cup feta crumbled
- ☐ 3 tablespoons flat parsley chopped
- ☐ 3 tablespoons mint leaves fresh chopped
- ☐ 2 cloves garlic

- ☐ 2 cloves garlic smashed
- ☐ 1 pint grape tomatoes halved
- ☐ 1 cup greek yogurt fat-free
- ☐ 6 servings kosher salt
- ☐ 6 servings kosher salt and pepper black freshly ground
- ☐ 0.5 teaspoon lemon zest finely grated
- ☐ 6 servings splash greek olive oil extra-virgin
- ☐ 0.3 cup oregano fresh
- ☐ 0.5 small onion red thinly sliced
- ☐ 1 roasted pepper red jarred thinly sliced
- ☐ 1 pound salmon fillet
- ☐ 1 scallion green chopped
- ☐ 1 serrano chile diced finely
- ☐ 6 servings splash red wine vinegar

Equipment

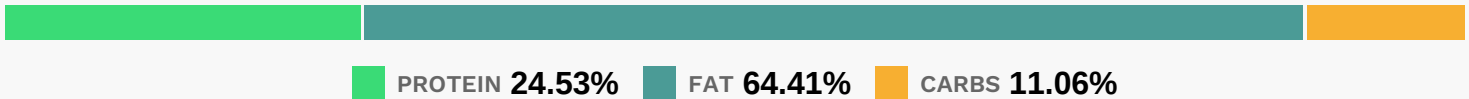
- ☐ bowl
- ☐ knife
- ☐ blender
- ☐ baking pan
- ☐ grill
- ☐ grill pan
- ☐ cutting board

Directions

- ☐ Combine the tomatoes, red pepper, onion, vinegar, oil and salt and pepper to taste in a medium bowl. Cover and let sit at room temperature while you prepare the rest of the recipe.
- ☐ For the Spicy Herbed Tzatziki: Smash the garlic cloves, remove the skins and sprinkle with salt. Work the garlic into a paste by chopping and smearing it into the cutting board with your

- knife blade. Put into a medium bowl along with the yogurt, cucumber, feta if using, scallion, Serrano chile, parsley, mint and lemon zest. Cover and refrigerate until ready to use.
- ☐ Combine the oil oregano, garlic, salt and pepper in a blender and blend until smooth.
 - ☐ Pour the mixture over the salmon in a baking dish and turn to coat. Cover and marinate for 15 minutes.
 - ☐ Heat a grill pan over high heat.
 - ☐ Remove the salmon from the marinade and season with salt and pepper. Grill, skin-side down, until golden brown and crisp on the first side, about 5 minutes. Turn and cook until opaque three-quarters of the way through (medium-well done), about 5 more minutes.
 - ☐ Remove to a cutting board and let cool to room temperature. Peel off the skin and discard. Using a fork, break into bite-size pieces.
 - ☐ Put some of the flaked salmon in the lettuce leaves, top with some of the relish and drizzle with the tzatziki.

Nutrition Facts



Properties

Glycemic Index:42.17, Glycemic Load:1.34, Inflammation Score:-10, Nutrition Score:22.491738938119%

Flavonoids

Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg Naringenin: 0.54mg, Naringenin: 0.54mg, Naringenin: 0.54mg, Naringenin: 0.54mg Apigenin: 4.46mg, Apigenin: 4.46mg, Apigenin: 4.46mg, Apigenin: 4.46mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg Quercetin: 2.77mg, Quercetin: 2.77mg, Quercetin: 2.77mg, Quercetin: 2.77mg

Nutrients (% of daily need)

Calories: 336.85kcal (16.84%), Fat: 24.36g (37.47%), Saturated Fat: 3.9g (24.36%), Carbohydrates: 9.41g (3.14%), Net Carbohydrates: 6.81g (2.47%), Sugar: 4.19g (4.66%), Cholesterol: 48.81mg (16.27%), Sodium: 403.45mg (17.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.87g (41.74%), Vitamin K: 72.28µg (68.84%), Selenium: 32.37µg (46.25%), Vitamin B12: 2.74µg (45.72%), Vitamin B6: 0.82mg (40.98%), Vitamin B3: 6.82mg (34.09%), Vitamin B2: 0.49mg (28.59%), Phosphorus: 257.46mg (25.75%), Vitamin C: 20.28mg (24.58%), Vitamin E: 3.52mg (23.48%), Vitamin A: 1145.31IU (22.91%), Potassium: 740.55mg (21.16%), Manganese: 0.34mg (16.82%),

Vitamin B5: 1.63mg (16.31%), Vitamin B1: 0.24mg (16.22%), Copper: 0.3mg (15.01%), Calcium: 140.93mg (14.09%), Folate: 52.51µg (13.13%), Magnesium: 50.35mg (12.59%), Iron: 2.21mg (12.25%), Fiber: 2.6g (10.41%), Zinc: 1.19mg (7.96%)