



## Salmon Kebobs with Quinoa and Grapefruit Salad



Gluten Free



Dairy Free



Very Healthy

READY IN



75 min.

SERVINGS



4

CALORIES



416 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 4 servings pepper black freshly ground
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 8 slices ginger fresh thin
- ☐ 1 medium grapefruit
- ☐ 2 teaspoons honey
- ☐ 1 small jalapeño chile with seeds for maximum heat minced
- ☐ 0.5 teaspoon kosher salt for seasoning

- ☐ 0.3 cup olive oilin extra-virgin
- ☐ 0.8 cup quinoa
- ☐ 1.5 pound center-cut salmon skinless cut into 2-inch cubes
- ☐ 2 scallions white green minced both and parts
- ☐ 1.5 cups water
- ☐ 1 tablespoon citrus champagne vinegar

## Equipment

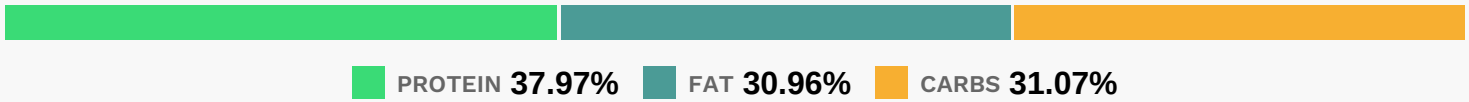
- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ grill
- ☐ stove
- ☐ skewers
- ☐ peeler
- ☐ wooden skewers

## Directions

- ☐ Special equipment: Wooden skewers, soaked
- ☐ Strip the peel from the grapefruit with a vegetable peeler, taking care not to include the bitter white pith. Warm the grapefruit peel, ginger, and olive oil in a small saucepan over medium heat. As soon as the oil starts to bubble, after about 2 minutes, remove from heat. Set the oil aside to steep for 30 minutes. Strain and reserve the oil.
- ☐ Meanwhile, rinse the quinoa in a bowl and drain.
- ☐ Put the quinoa in a small saucepan with the water and 1/2 teaspoon salt. Boil over high heat, and then reduce heat to maintain a gentle simmer and cook, uncovered, for 15 minutes. Set aside off the heat, undisturbed, for 5 minutes.
- ☐ Transfer the quinoa to a bowl and fluff with a fork. Cool.
- ☐ Segment the grapefruit over a bowl, reserving the segments and juice separately.

- ☐ Whisk 3 tablespoons of the grapefruit juice with the vinegar, honey, and salt to taste in a medium bowl. Gradually whisk in 3 tablespoons of the reserved grapefruit oil, starting with a few drops and then adding the rest in a stream to make a slightly thick dressing. Season with pepper to taste.
- ☐ Toss quinoa with the dressing, chiles, scallions, and cilantro. Season with salt and pepper, to taste.
- ☐ Preheat a stovetop or outdoor grill to high heat. Thread the salmon cubes onto the skewers.
- ☐ Brush with the remaining 1 tablespoon grapefruit oil, and season with salt and pepper. Grill the skewers, turning as each side browns but the salmon is still moist, about 3 minutes.
- ☐ Toss the grapefruit segment into the salad, divide among 4 plates, and top with the salmon kebobs.
- ☐ Serve warm or at room temperature.

## Nutrition Facts



## Properties

Glycemic Index:55.07, Glycemic Load:3.2, Inflammation Score:-8, Nutrition Score:34.241739086483%

## Flavonoids

Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 20.89mg, Naringenin: 20.89mg, Naringenin: 20.89mg, Naringenin: 20.89mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg

## Nutrients (% of daily need)

Calories: 415.74kcal (20.79%), Fat: 14.16g (21.78%), Saturated Fat: 2.09g (13.08%), Carbohydrates: 31.97g (10.66%), Net Carbohydrates: 28.06g (10.2%), Sugar: 7.68g (8.54%), Cholesterol: 93.55mg (31.18%), Sodium: 505.32mg (21.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.07g (78.14%), Selenium: 65.05µg (92.93%), Vitamin B12: 5.41µg (90.15%), Vitamin B6: 1.61mg (80.47%), Vitamin B3: 14.12mg (70.59%), Phosphorus: 502.9mg (50.29%), Vitamin B2: 0.78mg (45.8%), Manganese: 0.73mg (36.52%), Vitamin B1: 0.53mg (35.63%), Copper: 0.68mg (33.87%), Potassium: 1150.43mg (32.87%), Vitamin B5: 3.27mg (32.75%), Vitamin C: 25.54mg (30.95%), Magnesium: 123.59mg (30.9%), Folate: 115.18µg (28.8%), Vitamin A: 953.25IU (19.07%), Iron: 3.08mg (17.1%), Fiber: 3.91g (15.62%), Zinc: 2.19mg (14.58%), Vitamin K: 13.97µg (13.31%), Vitamin E: 1.36mg (9.05%), Calcium: 63.09mg (6.31%)