



Salmon Skewers with Romesco Sauce

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



163 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 teaspoons pepper red crushed
- 1 cup fire-roasted tomatoes diced canned drained (such as Muir Glen)
- 3 garlic cloves chopped
- 1 teaspoon ground cumin
- 2 tablespoons olive oil
- 1 teaspoon oregano dried
- 1 teaspoon paprika
- 1 tablespoon red wine vinegar

- 15 ounce roasted bell peppers red drained
- 2 pounds salmon fillet cut into 48 cubes
- 0.3 teaspoon salt
- 0.8 teaspoon salt
- 0.3 cup slivered almonds toasted
- 1 ounce bread white

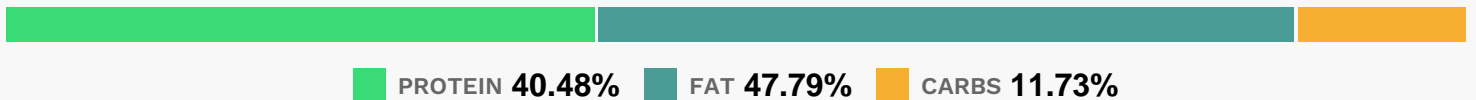
Equipment

- food processor
- broiler
- skewers
- broiler pan

Directions

- Preheat broiler.
- To prepare romesco sauce, place first 10 ingredients in a food processor, and process until smooth.
- To prepare salmon, sprinkle salmon with paprika, oregano, and 1/4 teaspoon salt. Thread 2 salmon pieces onto each of 24 (6-inch) skewers. Arrange on a broiler pan coated with cooking spray. Lightly coat salmon skewers with cooking spray. Broil 5 minutes or until fish flakes easily when tested with a fork or until desired degree of doneness.
- Serve with sauce.

Nutrition Facts



Properties

Glycemic Index:11.65, Glycemic Load:0.93, Inflammation Score:-6, Nutrition Score:14.189999932828%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 162.58kcal (8.13%), Fat: 8.56g (13.16%), Saturated Fat: 1.2g (7.51%), Carbohydrates: 4.73g (1.58%), Net Carbohydrates: 3.52g (1.28%), Sugar: 0.78g (0.87%), Cholesterol: 41.58mg (13.86%), Sodium: 763.02mg (33.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.31g (32.62%), Selenium: 28.54µg (40.77%), Vitamin B12: 2.4µg (40.07%), Vitamin B6: 0.71mg (35.45%), Vitamin B3: 6.41mg (32.03%), Vitamin C: 17.13mg (20.76%), Vitamin B2: 0.34mg (19.8%), Phosphorus: 175.63mg (17.56%), Copper: 0.27mg (13.54%), Vitamin B1: 0.2mg (13.37%), Potassium: 460.37mg (13.15%), Vitamin B5: 1.31mg (13.08%), Vitamin A: 487.17IU (9.74%), Magnesium: 34.63mg (8.66%), Manganese: 0.17mg (8.5%), Iron: 1.47mg (8.14%), Vitamin E: 1.13mg (7.53%), Folate: 28.79µg (7.2%), Calcium: 48.41mg (4.84%), Fiber: 1.21g (4.82%), Zinc: 0.68mg (4.55%), Vitamin K: 2.95µg (2.81%)