



 **67%**
HEALTH SCORE

Salmon with Olive Vinaigrette

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

READY IN



38 min.

SERVINGS



4

CALORIES



338 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon cayenne pepper
- 1 tablespoon dijon mustard
- 2 cloves garlic chopped
- 1 tablespoon honey
- 4 servings kosher salt and pepper black freshly ground
- 0.5 cup olive oil extra-virgin
- 0.5 cup niçoise olives pitted
- 0.3 cup red wine vinegar

24 ounce salmon fillet

Equipment

blender

baking pan

grill

grill pan

Directions

Combine the olive oil, vinegar, olives, chile de arbol powder, garlic, mustard and honey in a blender until smooth. Season with salt and black pepper.

Place the salmon in a small baking dish; pour 1/2 cup of the olive vinaigrette on top and marinate 15 minutes. Preheat a grill to high or place a grill pan over high heat.

Remove the salmon from the marinade; season with salt and black pepper. Grill 3 to 4 minutes per side, brushing with the remaining vinaigrette every 2 minutes.

Photograph by Karl Juengel/Studio D

Nutrition Facts



PROTEIN 41.35% **FAT 51.42%** **CARBS 7.23%**

Properties

Glycemic Index:36.57, Glycemic Load:2.42, Inflammation Score:-5, Nutrition Score:24.71043469854%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 338.31kcal (16.92%), Fat: 18.92g (29.11%), Saturated Fat: 2.77g (17.32%), Carbohydrates: 5.99g (2%), Net Carbohydrates: 5.11g (1.86%), Sugar: 4.6g (5.11%), Cholesterol: 93.55mg (31.18%), Sodium: 381.41mg (16.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.24g (68.48%), Selenium: 63.78µg (91.12%), Vitamin B12: 5.41µg (90.15%), Vitamin B6: 1.42mg (71.09%), Vitamin B3: 13.48mg (67.38%), Vitamin B2: 0.66mg (38.68%), Phosphorus: 349.27mg (34.93%), Vitamin B5: 2.86mg (28.62%), Vitamin B1: 0.4mg (26.56%), Potassium: 867.9mg

(24.8%), Copper: 0.46mg (22.91%), Magnesium: 54.5mg (13.63%), Folate: 43.62µg (10.9%), Vitamin E: 1.45mg (9.64%), Iron: 1.68mg (9.31%), Zinc: 1.16mg (7.71%), Manganese: 0.09mg (4.71%), Vitamin A: 219.3IU (4.39%), Vitamin K: 4.07µg (3.87%), Calcium: 36.11mg (3.61%), Fiber: 0.87g (3.5%)