



Slow-Roasted Salmon with Cucumber Dill Salad

 Gluten Free

READY IN



100 min.

SERVINGS



4

CALORIES



299 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 servings pepper black freshly ground
- 1 pinch cayenne pepper
- 1 pound cucumber english seedless ()
- 2 teaspoons optional: dill fresh plus more fronds for garnish roughly chopped (2 fronds)
- 0.3 teaspoon ground turmeric
- 1 tablespoon kosher salt
- 4 servings kosher salt

- 1 cup yogurt plain low-fat
- 0.5 teaspoon orange zest finely grated
- 1.5 pound center cut salmon
- 1 pinch sugar

Equipment

- bowl
- frying pan
- oven
- sieve
- spatula
- colander

Directions

- For the salad: Quarter the cucumber, lengthwise, and remove the seeds, but leave on the skin. Thinly slice the cucumbers and mix with the salt in a colander. Set in the sink for about 1 hour to drain. Meanwhile, place the yogurt in a coffee filter-lined strainer and set over a bowl to drain, about 1 hour.
- Rinse the cucumbers with cold, running water. Press down on the cucumbers to extract as much liquid as possible and pat dry. Toss the cucumbers with the drained yogurt, dill, sugar, orange zest, cayenne, and season with pepper, to taste.
- Preheat the oven to 275 degrees F.
- Cut the salmon lengthwise and then crosswise to make 4 equal squares of fish. Lightly sprinkle the salmon all over with a pinch of turmeric and rub in slightly to coat evenly. Season salmon with salt and pepper and place on a very lightly oiled oven-proof nonstick pan. Roast the salmon, turning the pieces carefully with a spatula after about 10 minutes, until just cooked through, about 20 minutes in all. (Slow-roasted salmon looks bright orange when done, and will be luscious in the center.) To serve, divide the cucumbers between 4 plates, top with the salmon and garnish with dill fronds.

Nutrition Facts



■ PROTEIN 51.43% ■ FAT 36.44% ■ CARBS 12.13%

Properties

Glycemic Index:38.52, Glycemic Load:0.19, Inflammation Score:-8, Nutrition Score:28.412608569083%

Flavonoids

Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 299.13kcal (14.96%), Fat: 11.88g (18.28%), Saturated Fat: 2.33g (14.56%), Carbohydrates: 8.9g (2.97%), Net Carbohydrates: 8.25g (3%), Sugar: 6.46g (7.18%), Cholesterol: 97.23mg (32.41%), Sodium: 2058mg (89.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.73g (75.46%), Vitamin B12: 5.75µg (95.87%), Selenium: 64.47µg (92.1%), Vitamin B6: 1.47mg (73.52%), Vitamin B3: 13.56mg (67.82%), Vitamin B2: 0.82mg (48%), Phosphorus: 456.26mg (45.63%), Vitamin B5: 3.49mg (34.89%), Potassium: 1149.79mg (32.85%), Vitamin B1: 0.44mg (29.51%), Copper: 0.48mg (24.18%), Magnesium: 75.07mg (18.77%), Vitamin K: 18.92µg (18.02%), Calcium: 153.06mg (15.31%), Folate: 57.44µg (14.36%), Zinc: 1.87mg (12.49%), Iron: 1.81mg (10.07%), Manganese: 0.15mg (7.4%), Vitamin C: 4.1mg (4.97%), Vitamin A: 234.2IU (4.68%), Fiber: 0.65g (2.61%)