



 **58%**
HEALTH SCORE

Sour Orange BBQ'd Salmon Taco with Red Cabbage Slaw and Smoked Chile Sauce

 **Gluten Free**  **Dairy Free**

READY IN



180 min.

SERVINGS



4

CALORIES



1990 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 tablespoons ancho chili powder
- 0.5 cup canola oil
- 3 tablespoons canola oil
- 2 chipotle sauce pureed canned
- 2 tablespoons chipotle puree
- 4 servings cilantro leaves
- 2 tablespoons cilantro leaves chopped

- 2 tablespoons brown sugar dark
- 2 tablespoons dijon mustard
- 0.3 cup basil leaves fresh
- 1 head garlic coarsely chopped
- 2 cloves garlic coarsely chopped
- 3 cups granulated sugar
- 1 habanero chile coarsely chopped
- 1 tablespoon honey
- 2 tablespoons honey
- 0.3 cup catsup
- 0.3 cup juice of lime freshly squeezed
- 1 tablespoon juice of lime fresh
- 1 cup mayonnaise prepared
- 0.3 cup blackstrap molasses
- 4 servings olive oil
- 1 large onion spanish coarsely chopped
- 0.5 cup orange juice freshly squeezed
- 2 cups orange juice fresh
- 1 orange zest grated
- 3 cups plum tomatoes and juices canned chopped
- 0.5 head cabbage shredded red finely
- 0.5 small onion red coarsely chopped
- 1 cup red wine vinegar
- 20 ounce salmon fillet
- 4 servings salt and pepper
- 4 servings salt and pepper freshly ground
- 8 6-inch tortillas (flour)
- 1 cup citrus champagne vinegar
- 1 tablespoon worcestershire sauce

Equipment

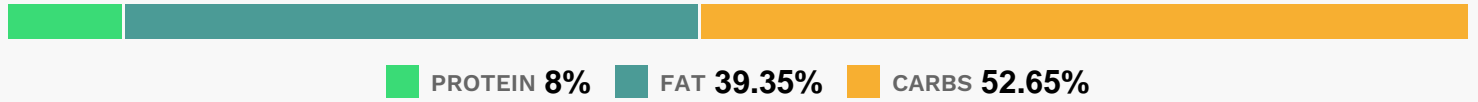
- food processor
- bowl
- sauce pan
- whisk
- blender
- grill

Directions

- Heat grill to high.
- Brush salmon with oil and season with salt and pepper, to taste. Grill the salmon skin-side down for 3 to 4 minutes or until charred and a crust has formed.
- Brush with some of the BBQ sauce, flip over and continue grilling for 2 to 3 minutes for medium doneness.
- Remove from the grill and brush with more of the sauce.
- Let rest 5 minutes and flake with a fork.
- Grill tortillas for 20 seconds per side. Divide the salmon among the tortillas, top with the red cabbage slaw and smoked chile sauce and cilantro leaves; fold and eat.
- Place orange juice, vinegars and sugar in a medium nonreactive saucepan and cook until reduced to approximately 1 cup and thickened.
- Remove from the heat and stir in the zest. Set aside.
- Heat oil in a large saucepan over high heat.
- Add the onion, garlic and habanero and cook until soft.
- Add the remaining ingredients and cook until the tomatoes are soft and the sauce has thickened, about 40 minutes.
- Transfer the mixture to a food processor and process until smooth. Season with salt and pepper, to taste.
- Transfer the sauce to a medium saucepan and whisk in the reduced orange/vinegar mixture and cook for 10 minutes.

- Let cool.
- Whisk together all ingredients in a small bowl and season with salt and pepper to taste.
- Combine all ingredients, except cabbage, in a blender and blend until smooth. Season with salt and pepper, to taste.
- Place cabbage in a large bowl and toss with the vinaigrette. Season with salt and pepper and let sit 30 minutes in the refrigerator before serving.

Nutrition Facts



Properties

Glycemic Index:200.41, Glycemic Load:141.7, Inflammation Score:-10, Nutrition Score:60.846521709276%

Flavonoids

Cyanidin: 220.06mg, Cyanidin: 220.06mg, Cyanidin: 220.06mg, Cyanidin: 220.06mg Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Eriodictyol: 0.68mg, Eriodictyol: 0.68mg, Eriodictyol: 0.68mg, Eriodictyol: 0.68mg Hesperetin: 20.22mg, Hesperetin: 20.22mg, Hesperetin: 20.22mg, Hesperetin: 20.22mg Naringenin: 4.6mg, Naringenin: 4.6mg, Naringenin: 4.6mg, Naringenin: 4.6mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 2.57mg, Isorhamnetin: 2.57mg, Isorhamnetin: 2.57mg, Isorhamnetin: 2.57mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.67mg, Myricetin: 0.67mg, Myricetin: 0.67mg, Myricetin: 0.67mg Quercetin: 12.73mg, Quercetin: 12.73mg, Quercetin: 12.73mg, Quercetin: 12.73mg

Nutrients (% of daily need)

Calories: 1989.99kcal (99.5%), Fat: 88.36g (135.94%), Saturated Fat: 13.13g (82.04%), Carbohydrates: 266.03g (88.68%), Net Carbohydrates: 253.8g (92.29%), Sugar: 216.3g (240.33%), Cholesterol: 101.48mg (33.83%), Sodium: 1684.06mg (73.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.44g (80.88%), Vitamin C: 183.63mg (222.59%), Vitamin K: 184.66µg (175.86%), Selenium: 77.47µg (110.67%), Vitamin B6: 2.12mg (105.96%), Vitamin A: 5063.96IU (101.28%), Vitamin B3: 17.33mg (86.65%), Manganese: 1.59mg (79.27%), Vitamin B12: 4.57µg (76.25%), Potassium: 2495.44mg (71.3%), Vitamin E: 10.45mg (69.64%), Vitamin B1: 0.99mg (66.26%), Vitamin B2: 1.03mg (60.6%), Phosphorus: 601.96mg (60.2%), Folate: 205.46µg (51.37%), Iron: 9.02mg (50.11%), Fiber: 12.23g (48.92%), Magnesium: 190.91mg (47.73%), Copper: 0.9mg (45.08%), Vitamin B5: 3.59mg (35.92%), Calcium: 318.4mg (31.84%), Zinc: 2.64mg (17.58%)