



Wild Salmon with Grilled Sweet Onion and Corn Relish



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



154 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



0.3 cup slivered basil leaves



0.5 tsp pepper black



1 cup cherry tomatoes halved quartered (if larger)



2 shucked ears corn



1 tsp kosher salt



2 tablespoons juice of lemon fresh



2.5 tbsp olive oil divided

- ☐ 4 pieces boned salmon fillet wild dry thick rinsed (6 to 8 oz. each and)
- ☐ 1 large onion sweet thick peeled sliced

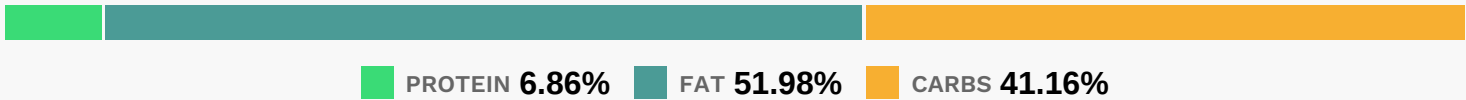
Equipment

- ☐ bowl
- ☐ grill
- ☐ spatula
- ☐ metal skewers

Directions

- ☐ Heat a grill to medium-high heat (400 to 500). Run a metal skewer through each onion slice to hold it together.
- ☐ Brush onion slices and corn generously with oil.
- ☐ Lay onion and corn on cooking grate (close lid if using gas) and grill, turning as needed, until lightly seared with grill marks--the onion on both sides, the corn all over--10 to 12 minutes total. When cool enough to handle, chop onion and cut corn kernels from cobs.
- ☐ Mix onion, corn, tomatoes, slivered basil, lemon juice, 1 tsp. salt, and 1/2 tsp. pepper in a bowl.
- ☐ Brush salmon pieces on both sides with oil.
- ☐ Sprinkle flesh sides with salt and pepper.
- ☐ Lay flesh side down on cooking grate (close lid if using gas) and grill, carefully turning once with a wide spatula, until just opaque but still moist-looking in center of thickest part (cut to test), 9 to 10 minutes total.
- ☐ Mound relish on plates. Lift salmon off skin with spatula and set alongside relish.
- ☐ Garnish with lemon wedges and basil sprigs.

Nutrition Facts



Properties

Glycemic Index:31.88, Glycemic Load:0.16, Inflammation Score:-6, Nutrition Score:6.969999930133%

Flavonoids

Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg Eriodictyol: 1.58mg, Eriodictyol: 1.58mg, Eriodictyol: 1.58mg, Eriodictyol: 1.58mg Hesperetin: 2.06mg, Hesperetin: 2.06mg, Hesperetin: 2.06mg, Hesperetin: 2.06mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.95mg, Kaempferol: 0.95mg, Kaempferol: 0.95mg, Kaempferol: 0.95mg Myricetin: 0.98mg, Myricetin: 0.98mg, Myricetin: 0.98mg, Myricetin: 0.98mg Quercetin: 12.36mg, Quercetin: 12.36mg, Quercetin: 12.36mg, Quercetin: 12.36mg

Nutrients (% of daily need)

Calories: 153.77kcal (7.69%), Fat: 9.57g (14.72%), Saturated Fat: 1.38g (8.6%), Carbohydrates: 17.05g (5.68%), Net Carbohydrates: 14.85g (5.4%), Sugar: 8.09g (8.99%), Cholesterol: 0.55mg (0.18%), Sodium: 599.71mg (26.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.84g (5.68%), Vitamin C: 19.71mg (23.9%), Vitamin K: 13.33µg (12.69%), Manganese: 0.23mg (11.42%), Folate: 44.9µg (11.23%), Vitamin E: 1.54mg (10.28%), Vitamin B6: 0.2mg (9.8%), Potassium: 324.24mg (9.26%), Fiber: 2.2g (8.8%), Vitamin B1: 0.12mg (8.21%), Phosphorus: 77.24mg (7.72%), Magnesium: 29.73mg (7.43%), Vitamin A: 349.65IU (6.99%), Vitamin B3: 1.21mg (6.04%), Copper: 0.11mg (5.67%), Iron: 0.88mg (4.89%), Vitamin B5: 0.49mg (4.89%), Vitamin B2: 0.06mg (3.32%), Calcium: 27.8mg (2.78%), Zinc: 0.39mg (2.63%), Selenium: 1.28µg (1.83%)