



HEALTH SCORE

100%

Baked Salmon with Avocado Mango Salsa



Gluten Free



Dairy Free



Very Healthy



Popular

READY IN



30 min.

SERVINGS



4

CALORIES



597 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



4 servings olive oil extra virgin



24 ounce salmon fillet



4 servings salt



4 servings pepper black freshly ground



2 small mangos ripe ()



2 just avocados ripe



0.3 cup onion red minced



1 serrano chile with seeds f heat, without for less) minced

☐ 2 juice of lime juiced (4 Tbsp lime juice)

Equipment

☐ bowl

☐ oven

☐ knife

☐ roasting pan

☐ aluminum foil

Directions

☐ Preheat oven to 400°F.

☐ Prep the mangos: While the oven is preheating, prep the mangos. Either peel and then cut away the mango flesh from the core seed, and then cut the mango into 1/3-inch cubes, or follow the instructions here on [How to](#)

☐ Cut a Mango. Set the cut mango aside in a medium bowl.

☐ the salmon fillets: Line a roasting pan with aluminum foil.

☐ Spread some olive oil on top of the foil. Coat the salmon fillets with olive oil and lay, skin side down, on the foil lined roasting pan.

☐ Sprinkle with salt.

☐ Place in the 400°F oven and cook for 10 minutes.

☐ the avocado mango salsa: While the salmon is cooking, prep the avocados.

☐ Cut the avocados in half.

☐ Remove the seeds. Score the inside of the avocados with a small knife in a cross hatch pattern. Scoop out the avocado pieces and add them to the bowl with the cut mango pieces. (See [How to](#)

☐ Cut and Peel and Avocado.)

☐ Add the minced red onion, serrano chile, and lime juice to the bowl.

☐ Sprinkle with a little salt. Gently fold the ingredients together.

☐ Serve the salmon fillets with a generous portion of avocado mango salsa.

Nutrition Facts

 **PROTEIN 24.03%**  **FAT 58.71%**  **CARBS 17.26%**

Properties

Glycemic Index:37.69, Glycemic Load:8.13, Inflammation Score:-9, Nutrition Score:39.128695239191%

Flavonoids

Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Catechin: 1.78mg, Catechin: 1.78mg, Catechin: 1.78mg, Catechin: 1.78mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 2.35mg, Quercetin: 2.35mg, Quercetin: 2.35mg, Quercetin: 2.35mg

Nutrients (% of daily need)

Calories: 596.68kcal (29.83%), Fat: 39.98g (61.51%), Saturated Fat: 5.84g (36.53%), Carbohydrates: 26.46g (8.82%), Net Carbohydrates: 17.76g (6.46%), Sugar: 15.58g (17.31%), Cholesterol: 93.55mg (31.18%), Sodium: 277.85mg (12.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.82g (73.63%), Selenium: 63.18µg (90.26%), Vitamin B12: 5.41µg (90.15%), Vitamin B6: 1.8mg (89.92%), Vitamin B3: 15.87mg (79.34%), Vitamin C: 53.64mg (65.02%), Vitamin B2: 0.82mg (48.39%), Vitamin B5: 4.47mg (44.65%), Potassium: 1533.01mg (43.8%), Folate: 172.2µg (43.05%), Phosphorus: 412.7mg (41.27%), Copper: 0.74mg (37.12%), Fiber: 8.7g (34.8%), Vitamin E: 5.07mg (33.83%), Vitamin K: 34.35µg (32.71%), Vitamin B1: 0.49mg (32.67%), Vitamin A: 1356.94IU (27.14%), Magnesium: 91.53mg (22.88%), Manganese: 0.27mg (13.34%), Zinc: 1.86mg (12.4%), Iron: 2.22mg (12.31%), Calcium: 49.12mg (4.91%)