



## Baked Salmon with Ginger-Fruit Relish

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

READY IN



45 min.

SERVINGS



4

CALORIES



386 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.1 teaspoon pepper black
- 2 tablespoons cider vinegar
- 0.5 cup cucumber peeled seeded finely chopped
- 2 tablespoons dijon mustard
- 1 tablespoon ginger fresh minced peeled
- 1.5 tablespoons ginger fresh minced peeled
- 3 tablespoons parsley fresh chopped
- 1 tablespoon honey

- 2 tablespoons juice of lime fresh
- 2 cups mangos peeled finely chopped
- 2 teaspoons olive oil
- 8 ounce pineapple in juice crushed undrained canned
- 0.5 cup bell pepper red finely chopped
- 0.5 cup onion red finely chopped
- 24 ounce salmon fillet ( )
- 0.1 teaspoon salt

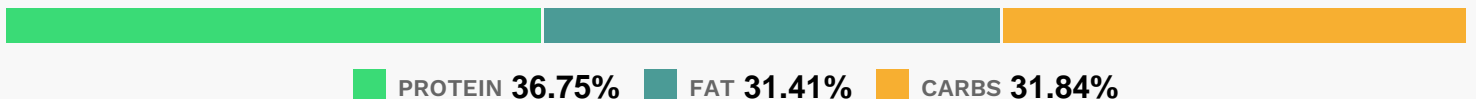
## Equipment

- bowl
- frying pan
- oven

## Directions

- To prepare relish, combine first 13 ingredients in a bowl. Cover and chill 1 hour, stirring mixture occasionally.
- Preheat oven to 40
- To prepare salmon, combine mustard and next 4 ingredients (mustard through 1/8 teaspoon black pepper) in a small bowl.
- Place fillets on a jelly-roll pan coated with cooking spray; brush fillets with mustard mixture.
- Bake at 400 for 14 minutes or until fish flakes easily when tested with a fork.
- Serve with relish.

## Nutrition Facts



## Properties

Glycemic Index:86.01, Glycemic Load:8.85, Inflammation Score:-9, Nutrition Score:36.119130487027%

## Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg 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: 1.42mg, Catechin: 1.42mg, Catechin: 1.42mg, Catechin: 1.42mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 6.48mg, Apigenin: 6.48mg, Apigenin: 6.48mg, Apigenin: 6.48mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg Quercetin: 4.15mg, Quercetin: 4.15mg, Quercetin: 4.15mg, Quercetin: 4.15mg

## Nutrients (% of daily need)

Calories: 386.3kcal (19.31%), Fat: 13.58g (20.89%), Saturated Fat: 2.08g (13%), Carbohydrates: 30.98g (10.33%), Net Carbohydrates: 27.51g (10%), Sugar: 25.92g (28.8%), Cholesterol: 93.55mg (31.18%), Sodium: 236.32mg (10.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.76g (71.51%), Selenium: 65.59µg (93.69%), Vitamin B12: 5.41µg (90.15%), Vitamin C: 67.73mg (82.09%), Vitamin B6: 1.64mg (81.9%), Vitamin B3: 14.43mg (72.13%), Vitamin K: 56.72µg (54.02%), Vitamin B2: 0.73mg (42.8%), Phosphorus: 383.13mg (38.31%), Vitamin A: 1846.69IU (36.93%), Potassium: 1197.36mg (34.21%), Vitamin B1: 0.51mg (33.97%), Vitamin B5: 3.17mg (31.74%), Copper: 0.63mg (31.28%), Folate: 101.96µg (25.49%), Magnesium: 80.48mg (20.12%), Fiber: 3.47g (13.88%), Iron: 2.2mg (12.24%), Manganese: 0.22mg (10.82%), Zinc: 1.44mg (9.63%), Vitamin E: 1.42mg (9.48%), Calcium: 58.59mg (5.86%)