



Baked Salmon with Tropical Rice

 Gluten Free

READY IN



37 min.

SERVINGS



4

CALORIES



347 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups brown rice white cooked
- ☐ 1 tablespoon brown sugar packed
- ☐ 1 tablespoon butter melted
- ☐ 2 tablespoons cracked coriander seed
- ☐ 1 tablespoon cilantro leaves fresh finely chopped
- ☐ 1 teaspoon lemon zest fresh grated
- ☐ 1 teaspoon lemon-pepper seasoning
- ☐ 1 mangos diced pitted peeled

☐ 1 pound fillet salmon fresh

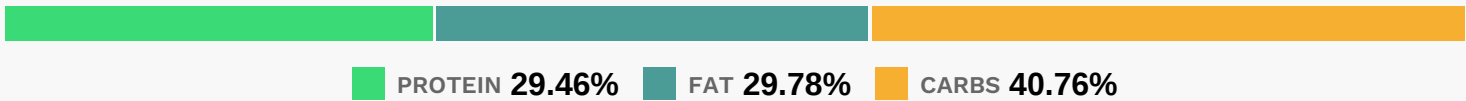
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 450 degrees F (230 degrees C). Lightly grease a shallow 9x13 baking dish.
- ☐ Combine the coriander seed, brown sugar, and lemon-pepper seasoning in a small bowl, and blend well.
- ☐ Place the salmon fillet skin side down in the prepared baking dish.
- ☐ Brush top and sides of fillet with the butter.
- ☐ Sprinkle the fish evenly with the coriander spice mixture, gently pressing it into the fish.
- ☐ Stir the mango, cilantro, and lemon peel into the rice. Spoon the rice mixture around the fish in the baking dish.
- ☐ Bake in preheated oven until fish flakes easily when tested with a fork, 4 to 6 minutes per 1/2 inch thickness.
- ☐ Cut the fish into 4 pieces. Divide rice between 4 serving plates and place the fish on top.

Nutrition Facts



Properties

Glycemic Index:54.49, Glycemic Load:14.7, Inflammation Score:-7, Nutrition Score:24.756521826205%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.03mg,

Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 346.73kcal (17.34%), Fat: 11.5g (17.69%), Saturated Fat: 3.15g (19.7%), Carbohydrates: 35.41g (11.8%), Net Carbohydrates: 31.6g (11.49%), Sugar: 10.03g (11.14%), Cholesterol: 69.89mg (23.3%), Sodium: 75.78mg (3.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.59g (51.18%), Manganese: 1.23mg (61.7%), Selenium: 42.46µg (60.65%), Vitamin B12: 3.61µg (60.2%), Vitamin B6: 1.14mg (56.91%), Vitamin B3: 10.62mg (53.11%), Phosphorus: 321.2mg (32.12%), Vitamin B2: 0.47mg (27.78%), Vitamin B1: 0.38mg (25.15%), Vitamin C: 20.03mg (24.28%), Vitamin B5: 2.39mg (23.88%), Copper: 0.45mg (22.65%), Magnesium: 90.51mg (22.63%), Potassium: 764.09mg (21.83%), Fiber: 3.81g (15.25%), Vitamin A: 702.49IU (14.05%), Folate: 54.85µg (13.71%), Iron: 1.99mg (11.06%), Zinc: 1.51mg (10.04%), Calcium: 53.06mg (5.31%), Vitamin E: 0.56mg (3.71%), Vitamin K: 3.55µg (3.38%)