

food
network



HEALTH SCORE

79%

Barbecue-Roasted Salmon



Gluten Free



Dairy Free



Very Healthy

READY IN

**23 min.**

SERVINGS

**4**

CALORIES

**281 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pinch cayenne pepper
- ☐ 4 teaspoons chili powder
- ☐ 1 teaspoon ground cumin
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 2 teaspoons lemon zest finely grated
- ☐ 2 tablespoons brown sugar light
- ☐ 0.3 cup orange juice
- ☐ 24 ounce salmon fillet

☐ 0.5 teaspoon salt

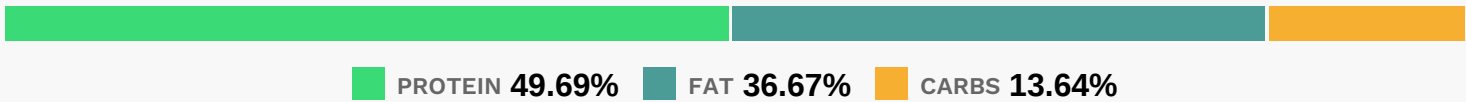
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ tongs

Directions

- ☐ Preheat oven to 400 degrees F. Coat a shallow baking dish with cooking spray.
- ☐ In a small bowl, whisk together orange juice, lemon juice, brown sugar, chili powder, lemon zest, cumin, salt, and cayenne. Using tongs, add salmon fillets to the prepared pan.
- ☐ Pour the orange juice mixture over the salmon and turn to coat both sides. Roast for 15 minutes, until a fork can be easily inserted into the salmon.

Nutrition Facts



Properties

Glycemic Index:22.25, Glycemic Load:0.83, Inflammation Score:-7, Nutrition Score:25.921739059946%

Flavonoids

Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 281.03kcal (14.05%), Fat: 11.24g (17.29%), Saturated Fat: 1.73g (10.83%), Carbohydrates: 9.4g (3.13%), Net Carbohydrates: 8.49g (3.09%), Sugar: 7.51g (8.34%), Cholesterol: 93.55mg (31.18%), Sodium: 401.15mg (17.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.27g (68.53%), Vitamin B12: 5.41µg (90.15%), Selenium: 62.62µg (89.46%), Vitamin B6: 1.45mg (72.49%), Vitamin B3: 13.71mg (68.53%), Vitamin B2: 0.67mg (39.62%),

Phosphorus: 352.36mg (35.24%), Vitamin B5: 2.9mg (28.99%), Vitamin B1: 0.41mg (27.27%), Potassium: 930.28mg (26.58%), Copper: 0.46mg (23.08%), Vitamin C: 12.01mg (14.56%), Magnesium: 57.03mg (14.26%), Vitamin A: 709.74IU (14.19%), Folate: 49.5µg (12.38%), Iron: 2.13mg (11.84%), Zinc: 1.22mg (8.11%), Vitamin E: 0.81mg (5.38%), Manganese: 0.09mg (4.3%), Calcium: 40.36mg (4.04%), Fiber: 0.91g (3.66%), Vitamin K: 2.18µg (2.07%)