



HEALTH SCORE

78%

Barbecue Roasted Salmon



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



282 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons brown sugar
- ☐ 4 teaspoons chili powder
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.8 teaspoon ground cumin
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 2 teaspoons lemon rind grated
- ☐ 0.3 cup pineapple juice
- ☐ 24 ounce salmon fillet

☐ 0.5 teaspoon salt

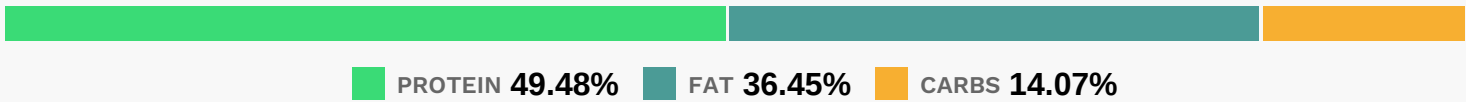
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ ziploc bags

Directions

- ☐ Combine first 3 ingredients in a zip-top plastic bag; seal and marinate in refrigerator 1 hour, turning occasionally.
- ☐ Preheat oven to 40
- ☐ Remove fish from bag; discard marinade.
- ☐ Combine sugar and next 5 ingredients (sugar through cinnamon) in a bowl. Rub over fish; place in an 11 x 7-inch baking dish coated with cooking spray.
- ☐ Bake at 400 for 12 minutes or until fish flakes easily when tested with a fork.
- ☐ Serve with lemon slices, if desired.

Nutrition Facts



Properties

Glycemic Index:14, Glycemic Load:0.87, Inflammation Score:-6, Nutrition Score:25.669999951902%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 281.63kcal (14.08%), Fat: 11.19g (17.22%), Saturated Fat: 1.73g (10.8%), Carbohydrates: 9.72g (3.24%), Net Carbohydrates: 8.76g (3.19%), Sugar: 7.68g (8.53%), Cholesterol: 93.55mg (31.18%), Sodium: 401.08mg (17.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.19g (68.38%), Vitamin B12: 5.41µg (90.15%), Selenium:

62.62µg (89.46%), Vitamin B6: 1.46mg (72.87%), Vitamin B3: 13.67mg (68.34%), Vitamin B2: 0.67mg (39.5%), Phosphorus: 350.29mg (35.03%), Vitamin B5: 2.88mg (28.78%), Vitamin B1: 0.4mg (26.85%), Potassium: 916.26mg (26.18%), Copper: 0.46mg (23.21%), Magnesium: 56.67mg (14.17%), Vitamin A: 667.86IU (13.36%), Folate: 47.47µg (11.87%), Iron: 2.07mg (11.5%), Manganese: 0.18mg (8.77%), Zinc: 1.22mg (8.13%), Vitamin C: 5.72mg (6.93%), Vitamin E: 0.79mg (5.3%), Calcium: 40.62mg (4.06%), Fiber: 0.96g (3.84%), Vitamin K: 2.22µg (2.11%)