



Blitzen's Baked Salmon With Caribbean Fruit Salsa

 Gluten Free  Dairy Free  Very Healthy  Low Fod Map

READY IN



45 min.

SERVINGS



10

CALORIES



224 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon caribbean jerk seasoning
- 10 servings garnish: lime wedges
- 1.5 tablespoons olive oil
- 3 pound salmon fillet whole skinless
- 10 servings caribbean fruit salsa

Equipment

- oven

roasting pan

Directions

Place salmon fillet in a roasting pan; sprinkle evenly on 1 side with jerk seasoning.

Drizzle with oil. Cover and chill 2 hours.

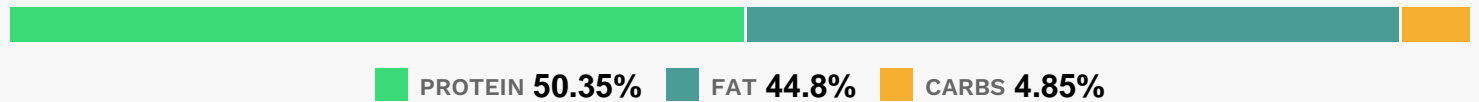
Bake salmon at 350 for 20 to 25 minutes or until fish flakes with a fork.

Serve with Caribbean Fruit Salsa.

Garnish, if desired.

*Jamaican jerk seasoning may be substituted. Caribbean jerk seasoning has a hint of sweetness.

Nutrition Facts



Properties

Glycemic Index:3.2, Glycemic Load:0.02, Inflammation Score:-5, Nutrition Score:20.358695781749%

Flavonoids

Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg

Nutrients (% of daily need)

Calories: 223.63kcal (11.18%), Fat: 10.9g (16.78%), Saturated Fat: 1.65g (10.32%), Carbohydrates: 2.66g (0.89%), Net Carbohydrates: 1.78g (0.65%), Sugar: 1.29g (1.44%), Cholesterol: 74.84mg (24.95%), Sodium: 282.98mg (12.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.57g (55.15%), Vitamin B12: 4.33µg (72.12%), Selenium: 50.12µg (71.61%), Vitamin B6: 1.19mg (59.33%), Vitamin B3: 11.15mg (55.74%), Vitamin B2: 0.54mg (31.47%), Phosphorus: 284.98mg (28.5%), Vitamin B5: 2.34mg (23.38%), Potassium: 765.98mg (21.89%), Vitamin B1: 0.32mg (21.4%), Copper: 0.37mg (18.48%), Magnesium: 45.51mg (11.38%), Vitamin A: 445.73IU (8.91%), Folate: 35.6µg (8.9%), Iron: 1.38mg (7.66%), Vitamin E: 1mg (6.67%), Zinc: 0.97mg (6.47%), Manganese: 0.07mg (3.58%), Fiber: 0.88g (3.53%), Vitamin K: 3.46µg (3.3%), Calcium: 28.28mg (2.83%), Vitamin C: 0.9mg (1.1%)