



Broiled Curried Salmon Fillets

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

READY IN



45 min.

SERVINGS



4

CALORIES



317 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon curry powder
- 1 tablespoon sesame oil dark
- 0.3 cup juice of lemon fresh
- 0.1 teaspoon pepper
- 24 ounce salmon fillet ()
- 0.3 teaspoon salt
- 8 ounce carton yogurt plain low-fat

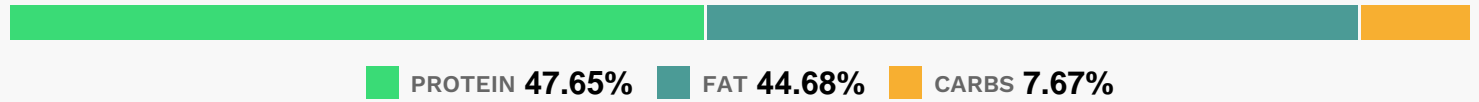
Equipment

- broiler
- ziploc bags

Directions

- Combine first 4 ingredients in a large zip-top plastic bag.
- Add salmon to bag; seal and marinate in refrigerator 20 minutes.
- Remove salmon from bag; discard marinade.
- Arrange salmon on a broiler rack coated with cooking spray; sprinkle with salt and pepper. Broil 8 minutes or until fish flakes easily when tested with a fork.

Nutrition Facts



Properties

Glycemic Index:9.25, Glycemic Load:0.03, Inflammation Score:-5, Nutrition Score:26.642174129901%

Flavonoids

Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 316.59kcal (15.83%), Fat: 15.41g (23.71%), Saturated Fat: 2.77g (17.33%), Carbohydrates: 5.96g (1.99%), Net Carbohydrates: 5.4g (1.96%), Sugar: 4.42g (4.91%), Cholesterol: 96.96mg (32.32%), Sodium: 260.82mg (11.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.97g (73.95%), Vitamin B12: 5.73µg (95.44%), Selenium: 64.23µg (91.76%), Vitamin B6: 1.44mg (72.18%), Vitamin B3: 13.5mg (67.5%), Vitamin B2: 0.77mg (45.55%), Phosphorus: 428.39mg (42.84%), Vitamin B5: 3.19mg (31.86%), Potassium: 1005.86mg (28.74%), Vitamin B1: 0.42mg (27.79%), Copper: 0.45mg (22.41%), Magnesium: 63.8mg (15.95%), Folate: 54.13µg (13.53%), Calcium: 132.62mg (13.26%), Zinc: 1.66mg (11.08%), Iron: 1.87mg (10.39%), Vitamin C: 6.53mg (7.91%), Manganese: 0.1mg (5.2%), Vitamin E: 0.42mg (2.8%), Vitamin A: 113IU (2.26%), Fiber: 0.56g (2.24%), Vitamin K: 2.19µg (2.08%)