



Broiled Salmon with Citrus Salsa



Gluten Free



Dairy Free



Very Healthy

READY IN



30 min.

SERVINGS



4

CALORIES



317 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 2 tablespoons cilantro leaves fresh minced
- ☐ 1 cup grapefruit sections coarsely chopped (1 large)
- ☐ 1 jalapeno seeded finely chopped
- ☐ 1 teaspoon olive oil
- ☐ 1 cup orange sections coarsely chopped (1 large)
- ☐ 0.5 cup bell pepper red chopped
- ☐ 0.3 cup onion red finely chopped

- ☐ 24 ounce salmon fillet
- ☐ 0.5 teaspoon salt
- ☐ 1 tablespoon sugar

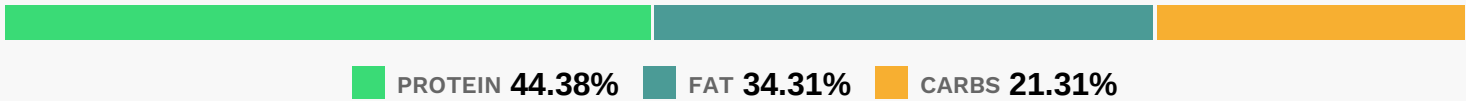
Equipment

- ☐ bowl
- ☐ broiler
- ☐ broiler pan

Directions

- ☐ Preheat broiler.
- ☐ Place fillets on rack of a broiler pan coated with cooking spray.
- ☐ Brush fillets with olive oil; sprinkle with salt and pepper. Broil 10 to 12 minutes or until fish flakes easily when tested with a fork.
- ☐ While fillets cook, combine orange sections and remaining ingredients in a bowl.
- ☐ Serve with fillets.

Nutrition Facts



Properties

Glycemic Index:73.15, Glycemic Load:5.69, Inflammation Score:-9, Nutrition Score:31.091739177704%

Flavonoids

Hesperetin: 12.46mg, Hesperetin: 12.46mg, Hesperetin: 12.46mg, Hesperetin: 12.46mg Naringenin: 25.66mg, Naringenin: 25.66mg, Naringenin: 25.66mg, Naringenin: 25.66mg Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 2.75mg, Quercetin: 2.75mg, Quercetin: 2.75mg, Quercetin: 2.75mg

Nutrients (% of daily need)

Calories: 317.29kcal (15.86%), Fat: 12.01g (18.48%), Saturated Fat: 1.84g (11.53%), Carbohydrates: 16.78g (5.59%), Net Carbohydrates: 14.1g (5.13%), Sugar: 12.52g (13.91%), Cholesterol: 93.55mg (31.18%), Sodium: 366.93mg (15.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.95g (69.9%), Vitamin B12: 5.41µg (90.15%), Selenium: 62.47µg (89.25%), Vitamin C: 70.67mg (85.65%), Vitamin B6: 1.53mg (76.51%), Vitamin B3: 13.86mg (69.28%), Vitamin B2: 0.7mg (41.42%), Phosphorus: 365.69mg (36.57%), Vitamin B5: 3.18mg (31.78%), Vitamin B1: 0.46mg (30.97%), Potassium: 1057.13mg (30.2%), Vitamin A: 1465.46IU (29.31%), Copper: 0.47mg (23.71%), Folate: 75.05µg (18.76%), Magnesium: 62.93mg (15.73%), Fiber: 2.68g (10.72%), Iron: 1.58mg (8.78%), Zinc: 1.23mg (8.21%), Calcium: 55.72mg (5.57%), Manganese: 0.1mg (4.9%), Vitamin E: 0.73mg (4.85%), Vitamin K: 2.92µg (2.79%)