



Broiled Salmon with Tomatoes, Basil, and Mint



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



513 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 absolutely beefsteak tomatoes cored ripe seeded cut into 1-inch dice
- ☐ 4 servings fish fillet
- ☐ 1.5 cups basil leaves fresh
- ☐ 2 teaspoons mint leaves fresh finely chopped
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 2 tablespoons olive oil
- ☐ 5 tablespoons best-quality olive oil extra-virgin
- ☐ 1 inch bermuda onion

- ☐ 0.5 teaspoon coarsely cracked peppercorns black
- ☐ 24 ounces salmon fillet
- ☐ 4 servings salsa
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 3 tablespoons soya sauce

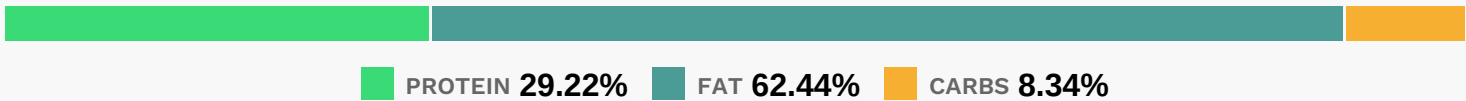
Equipment

- ☐ frying pan
- ☐ aluminum foil
- ☐ broiler

Directions

- ☐ Thirty to 40 minutes in advance, mix the salsa ingredients. Cover and reserve.
- ☐ Preheat broiler.
- ☐ Brush salmon generously on all sides with the oil and season well with the salt and pepper.
- ☐ Place the onion slices on a sheet of foil, brush with the remaining oil, and season lightly with salt and pepper.
- ☐ Place the fish in a broiling pan. On each portion, overlap 2 slices of the onion. Broil about 8 inches from the heat source until the onions have wilted and caramelized, 12 to 15 minutes. Don't worry if the onions char here and there, but if they blacken, cover them with foil. Check the fish for doneness: it should look rosy, not deeply salmon-colored.
- ☐ When done, remove the fish to plates. Stir the reserved salsa and spoon it generously over the salmon.

Nutrition Facts



Properties

Glycemic Index:53.5, Glycemic Load:1.99, Inflammation Score:-9, Nutrition Score:36.669565468379%

Flavonoids

Eriodictyol: 0.38mg, Eriodictyol: 0.38mg, Eriodictyol: 0.38mg, Eriodictyol: 0.38mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 1.26mg, Naringenin: 1.26mg, Naringenin: 1.26mg, Naringenin: 1.26mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg

Nutrients (% of daily need)

Calories: 512.7kcal (25.63%), Fat: 35.81g (55.1%), Saturated Fat: 5.13g (32.05%), Carbohydrates: 10.76g (3.59%), Net Carbohydrates: 7.69g (2.8%), Sugar: 6.17g (6.85%), Cholesterol: 94.05mg (31.35%), Sodium: 1048.99mg (45.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.71g (75.42%), Vitamin B12: 5.42µg (90.41%), Selenium: 62.97µg (89.96%), Vitamin B6: 1.63mg (81.62%), Vitamin B3: 15.41mg (77.04%), Vitamin K: 67.95µg (64.72%), Vitamin A: 2118.63IU (42.37%), Vitamin B2: 0.72mg (42.32%), Phosphorus: 417.37mg (41.74%), Potassium: 1394.95mg (39.86%), Vitamin C: 28.48mg (34.53%), Vitamin E: 4.93mg (32.87%), Vitamin B1: 0.47mg (31.52%), Vitamin B5: 3.14mg (31.41%), Copper: 0.61mg (30.51%), Manganese: 0.51mg (25.67%), Magnesium: 85.92mg (21.48%), Folate: 79.88µg (19.97%), Iron: 2.78mg (15.43%), Fiber: 3.07g (12.28%), Zinc: 1.59mg (10.59%), Calcium: 68.94mg (6.89%)