



WHATSheATE



HEALTH SCORE

82%

Cajun Grilled Fish Steaks



Gluten Free



Dairy Free



Very Healthy

READY IN



25 min.

SERVINGS



4

CALORIES



303 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



7 oz corn sweet whole drained canned



0.3 cup plum tomatoes chopped (Roma)



2 tablespoons spring onion chopped



1 tablespoon apple cider vinegar



2 teaspoons honey



0.8 teaspoon oregano dried



0.3 teaspoon ground pepper red (cayenne)



0.3 teaspoon salt

- ☐ 24 oz salmon steaks
- ☐ 2 tablespoons worcestershire sauce
- ☐ 0.5 teaspoon pepper
- ☐ 0.3 teaspoon oregano dried

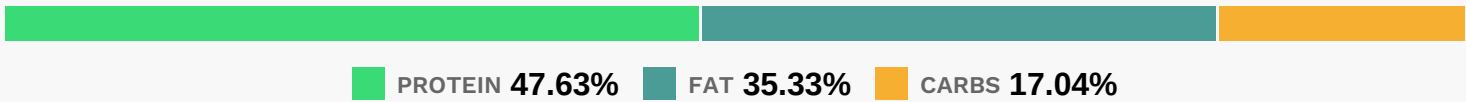
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Heat gas or charcoal grill. In small bowl, mix relish ingredients; set aside.
- ☐ Brush halibut with Worcestershire sauce; sprinkle with pepper and oregano.
- ☐ Place fish on grill over medium heat. Cover grill; cook 10 to 15 minutes, turning once or twice, until fish flakes easily with fork.
- ☐ Serve fish with relish.

Nutrition Facts



Properties

Glycemic Index:59.07, Glycemic Load:1.81, Inflammation Score:-7, Nutrition Score:26.058260917664%

Flavonoids

Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 303.08kcal (15.15%), Fat: 11.59g (17.83%), Saturated Fat: 1.8g (11.24%), Carbohydrates: 12.57g (4.19%), Net Carbohydrates: 11.94g (4.34%), Sugar: 4.36g (4.85%), Cholesterol: 93.55mg (31.18%), Sodium: 413.56mg (17.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.15g (70.31%), Vitamin B12: 5.41µg (90.15%), Selenium: 62.22µg (88.89%), Vitamin B6: 1.42mg (70.94%), Vitamin B3: 13.99mg (69.95%), Vitamin B2: 0.68mg (39.8%), Phosphorus: 373.42mg (37.34%), Potassium: 1030.76mg (29.45%), Vitamin B5: 2.86mg (28.61%), Vitamin B1: 0.41mg (27.22%), Copper: 0.48mg (24.02%), Folate: 63.9µg (15.97%), Magnesium: 60.89mg (15.22%), Iron: 2.26mg (12.55%), Vitamin

K: 11.47μg (10.92%), Zinc: 1.32mg (8.79%), Manganese: 0.15mg (7.71%), Vitamin A: 330.78IU (6.62%), Vitamin C: 5.34mg (6.47%), Calcium: 44.47mg (4.45%), Fiber: 0.63g (2.53%), Vitamin E: 0.26mg (1.74%)