

food
network



HEALTH SCORE

75%

Caribbean Salmon with Guava Barbecue Sauce and Mango Veggie Salsa



Gluten Free



Dairy Free



Very Healthy

READY IN



65 min.

SERVINGS



6

CALORIES



691 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons apple cider vinegar
- ☐ 1 teaspoon pepper black freshly ground
- ☐ 15 ounce black beans drained and rinsed canned
- ☐ 0.3 teaspoon curry powder
- ☐ 1 tablespoon rum dark
- ☐ 0.5 cup cilantro leaves fresh finely chopped
- ☐ 3 garlic cloves finely minced

- ☐ 1 bell pepper diced green halved seeded finely
- ☐ 0.5 teaspoon ground allspice
- ☐ 8 ounces guava paste cut into chunks
- ☐ 0.3 cup brown sugar dark light
- ☐ 0.3 cup juice of lime for serving cut into wedges, from 2 limes
- ☐ 2 tablespoons juice of lime
- ☐ 2 mangoes diced peeled
- ☐ 0.5 cup olive oil for greasing the baking dish
- ☐ 1 bell pepper diced red halved seeded finely
- ☐ 1 large onion red halved finely chopped
- ☐ 3.5 pounds side salmon whole
- ☐ 1 teaspoon salt
- ☐ 1 serrano chile finely chopped
- ☐ 2 tablespoons tomato paste
- ☐ 3 tablespoons vegetable oil
- ☐ 2 star anise whole
- ☐ 1 bell pepper diced yellow halved seeded finely
- ☐ 2 onions yellow chopped

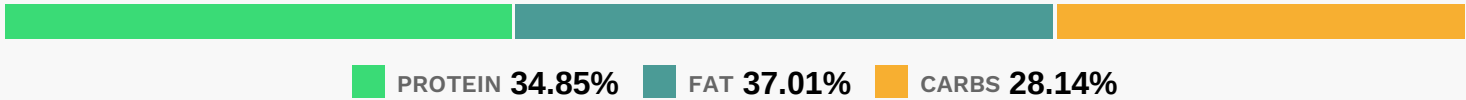
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ whisk
- ☐ blender
- ☐ baking pan
- ☐ aluminum foil
- ☐ broiler
- ☐ spatula

Directions

- ☐ Heat the oil in a large skillet over medium-high heat for 1 minute. Reduce the heat to medium and add the onion, cooking until it's soft and a little brown around the edges, about 5 to 7 minutes, stirring often. Stir in the guava paste, tomato paste, vinegar, brown sugar, star anise, allspice, and curry powder. Simmer until the guava paste has melted, about 15 minutes, stirring occasionally. Turn off the heat and let the sauce cool slightly. Discard the star anise; transfer the mixture to your blender and puree. With the motor running add the lime juice and rum.
- ☐ Transfer to a small bowl and set aside, or refrigerate for up to 2 weeks.
- ☐ Whisk the olive oil, garlic, lime juice, salt and pepper together in a large bowl.
- ☐ Add the mangoes, peppers, red onions, chile, and cilantro and toss to coat.
- ☐ Add the beans and gently toss everything together.
- ☐ Heat your broiler to high. Line a large baking dish or rimmed baking sheet with a double layer of aluminum foil and grease the foil with some olive oil or nonstick cooking spray.
- ☐ Place the salmon in the prepared baking dish and tuck about 2-inches of the tail end under the fish, so you have a somewhat uniform shape.
- ☐ Pour the barbecue sauce over the salmon and cook it under the broiler until the sauce caramelizes and chars around the edges and the salmon is firm and flakes easily, 8 to 12 minutes for rare (the salmon will still be pink in the middle) or 12 to 15 minutes for well done (the salmon will be cooked throughout).
- ☐ Spread the salsa on the serving platter and carefully lift the salmon out of the baking dish and arrange it on top of the salsa (use 2 large spatulas to transfer it). Squeeze a few lime wedges over the fish and serve with additional lime wedges on the side.

Nutrition Facts



Properties

Glycemic Index:71.96, Glycemic Load:8.99, Inflammation Score:-10, Nutrition Score:49.763912905817%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 1.35mg, Luteolin: 1.35mg, Luteolin: 1.35mg, Luteolin: 1.35mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 12.82mg, Quercetin: 12.82mg, Quercetin: 12.82mg, Quercetin: 12.82mg

Nutrients (% of daily need)

Calories: 691.07kcal (34.55%), Fat: 28.34g (43.59%), Saturated Fat: 4.42g (27.64%), Carbohydrates: 48.48g (16.16%), Net Carbohydrates: 37.99g (13.82%), Sugar: 26.35g (29.28%), Cholesterol: 145.53mg (48.51%), Sodium: 828.2mg (36.01%), Alcohol: 0.83g (100%), Alcohol %: 0.17% (100%), Protein: 60.03g (120.06%), Vitamin C: 202.12mg (245%), Selenium: 99.19µg (141.7%), Vitamin B12: 8.41µg (140.24%), Vitamin B6: 2.58mg (128.98%), Vitamin B3: 22.89mg (114.47%), Vitamin B2: 1.19mg (70.07%), Phosphorus: 673.56mg (67.36%), Potassium: 2103.26mg (60.09%), Vitamin B1: 0.81mg (53.88%), Copper: 1.07mg (53.36%), Vitamin B5: 5.09mg (50.87%), Folate: 187.91µg (46.98%), Fiber: 10.48g (41.94%), Vitamin A: 2019.19IU (40.38%), Magnesium: 136.04mg (34.01%), Manganese: 0.58mg (28.9%), Vitamin K: 26.82µg (25.54%), Iron: 4.55mg (25.3%), Vitamin E: 2.7mg (17.97%), Zinc: 2.53mg (16.89%), Calcium: 110.27mg (11.03%)