



HEALTH SCORE

90%

Cedar Plank-Grilled Salmon with Mango Kiwi Salsa



Gluten Free



Dairy Free



Very Healthy

READY IN



40 min.

SERVINGS



4

CALORIES



289 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black divided freshly ground
- ☐ 1 large cedar plank
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 0.5 cup kiwifruit diced peeled
- ☐ 0.5 teaspoon kosher salt divided
- ☐ 1 teaspoon juice of lime fresh
- ☐ 1 cup mangos diced ripe peeled finely

- ☐ 1 teaspoon olive oil extra-virgin
- ☐ 24 ounce sustainable salmon fillets wild skinless (such as Alaskan)
- ☐ 1 serrano chile finely chopped

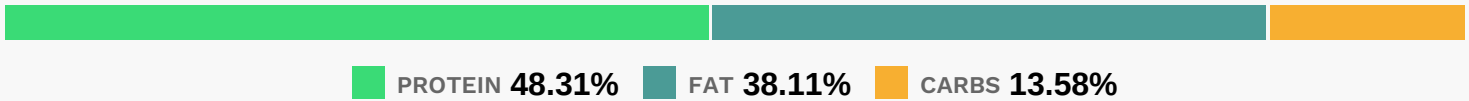
Equipment

- ☐ grill

Directions

- ☐ Soak plank in water for 25 minutes.
- ☐ Preheat grill to medium-high heat.
- ☐ Combine mango and next 5 ingredients (through chile).
- ☐ Add 1/4 teaspoon salt and 1/4 teaspoon pepper; set aside.
- ☐ Sprinkle salmon with remaining 1/4 teaspoon salt and remaining 1/4 teaspoon pepper.
- ☐ Place plank on grill rack; grill 3 minutes or until lightly charred. Turn plank over; place fish on charred side. Cover; grill 8 minutes or until desired degree of doneness.
- ☐ Place each fillet on a plate; top each with 1/3 cup mango salsa.

Nutrition Facts



Properties

Glycemic Index:42.1, Glycemic Load:4.17, Inflammation Score:-7, Nutrition Score:27.641304544781%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg 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: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 289.43kcal (14.47%), Fat: 12.05g (18.55%), Saturated Fat: 1.86g (11.6%), Carbohydrates: 9.66g (3.22%), Net Carbohydrates: 8.2g (2.98%), Sugar: 7.72g (8.58%), Cholesterol: 93.55mg (31.18%), Sodium: 367.38mg (15.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.38g (68.76%), Vitamin B12: 5.41µg (90.15%), Selenium: 62.4µg (89.14%), Vitamin B6: 1.46mg (73.15%), Vitamin B3: 13.76mg (68.79%), Vitamin C: 32.64mg (39.57%), Vitamin B2: 0.67mg (39.4%), Phosphorus: 354.76mg (35.48%), Vitamin B5: 2.96mg (29.61%), Potassium: 957.06mg (27.34%), Vitamin B1: 0.4mg (26.9%), Copper: 0.51mg (25.35%), Folate: 66.65µg (16.66%), Magnesium: 57.91mg (14.48%), Vitamin K: 12.46µg (11.87%), Vitamin A: 563.16IU (11.26%), Iron: 1.53mg (8.5%), Zinc: 1.17mg (7.78%), Fiber: 1.45g (5.81%), Manganese: 0.11mg (5.57%), Vitamin E: 0.82mg (5.49%), Calcium: 34.46mg (3.45%)