



Chili-Rubbed Salmon



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



4

CALORIES



244 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 tablespoons chili powder
- ☐ 0.3 teaspoon kosher salt
- ☐ 1 tablespoon olive oil
- ☐ 0.5 teaspoon oregano dried
- ☐ 1.5 pounds salmon fillet boneless skinless halved (4 pieces) ()

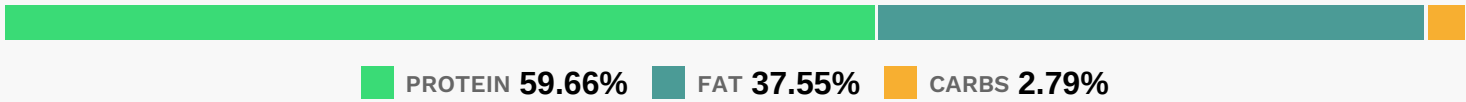
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ In a bowl, combine the chili powder, oregano, and salt. Pat the spices on the fish or meat.
- ☐ Heat the oil in a large nonstick skillet over medium heat. Cook 5 minutes per side for the salmon, 8 to 10 minutes per side for the chicken, or 15 minutes per side for the pork. (Reduce the heat if the spices begin to turn black.) Divide the fish or meat among 4 plates.

Nutrition Facts



Properties

Glycemic Index:1.25, Glycemic Load:0, Inflammation Score:-7, Nutrition Score:23.429130456937%

Nutrients (% of daily need)

Calories: 244.18kcal (12.21%), Fat: 9.94g (15.3%), Saturated Fat: 2.57g (16.06%), Carbohydrates: 1.66g (0.55%), Net Carbohydrates: 0.51g (0.19%), Sugar: 0.23g (0.25%), Cholesterol: 110.56mg (36.85%), Sodium: 283.13mg (12.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.55g (71.1%), Vitamin B1: 1.68mg (111.89%), Selenium: 52.16µg (74.52%), Vitamin B6: 1.37mg (68.33%), Vitamin B3: 11.6mg (58.02%), Phosphorus: 422.71mg (42.27%), Vitamin B2: 0.6mg (35.46%), Zinc: 3.32mg (22.11%), Potassium: 730.2mg (20.86%), Vitamin A: 897.15IU (17.94%), Vitamin B12: 0.88µg (14.74%), Vitamin B5: 1.45mg (14.53%), Vitamin E: 2.07mg (13.79%), Magnesium: 51.08mg (12.77%), Iron: 2.28mg (12.68%), Copper: 0.18mg (9.15%), Vitamin K: 6.83µg (6.51%), Fiber: 1.15g (4.6%), Manganese: 0.09mg (4.38%), Vitamin D: 0.51µg (3.4%), Calcium: 24.22mg (2.42%)