

 100%
HEALTH SCORE

Chili Rubbed Salmon with Citrus Salsa - Slimmed



Gluten Free



Dairy Free



Very Healthy

READY IN



37 min.

SERVINGS



4

CALORIES



434 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 blood oranges
- ☐ 0.3 teaspoon chili powder
- ☐ 8 corn tortillas warmed (see Cook's Note)
- ☐ 0.5 cup coriander leaves fresh coarsely chopped (cilantro)
- ☐ 1 grapefruit
- ☐ 2 teaspoons honey
- ☐ 1 jalapeño chile minced stemmed seeded

- ☐ 0.3 medium jicama julienned peeled
- ☐ 0.5 teaspoon kosher salt plus more for fish
- ☐ 2 tablespoons juice of lime freshly squeezed
- ☐ 2 teaspoons olive oil extra-virgin as needed plus more
- ☐ 1 tablespoon onion red minced
- ☐ 24 ounce salmon fillet

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ broiler
- ☐ broiler pan

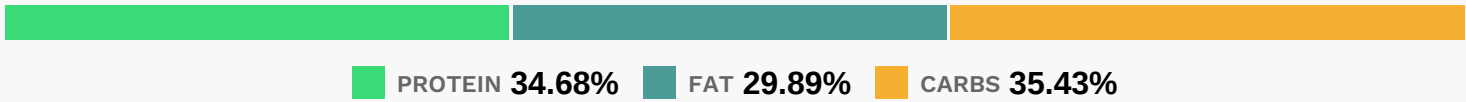
Directions

- ☐ Preheat the broiler to high. Soak onion in a bowl of very cold water.
- ☐ In a medium bowl, whisk together the lime juice, honey, 2 teaspoons of oil, and 1/2 teaspoon of salt.
- ☐ Trim the top and bottom off the grapefruit to expose the inner fruit. Following the curve of the fruit cut off the skin and white pith.
- ☐ Cut the segments free from the membrane and add to the dressing. Repeat with the oranges. (For help with this, see our Video demo of segmenting an orange.)
- ☐ Add the jalapeno, jicama, and fresh coriander to the citrus mixture.
- ☐ Drain the onions and stir to combine evenly.
- ☐ Position a broiler pan about 6 inches from the broiler and preheat. Lightly brush the salmon with the olive oil.
- ☐ Sprinkle top of the fish with the chili powder and season with salt, to taste. Carefully lay fish, skin-side down, on the hot broiler pan. Broil the fish until just firm and brown, about 7 minutes.
- ☐ Remove pan from the broiler; set the salmon aside on the hot pan to finish cooking, about 5 minutes more.

☐

Divide the fish among plates and serve with the salsa and tortillas.

Nutrition Facts



Properties

Glycemic Index:69.07, Glycemic Load:13.62, Inflammation Score:-8, Nutrition Score:32.761304419974%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 2.67mg, Hesperetin: 2.67mg, Hesperetin: 2.67mg, Hesperetin: 2.67mg Naringenin: 21.91mg, Naringenin: 21.91mg, Naringenin: 21.91mg, Naringenin: 21.91mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.02mg, Quercetin: 2.02mg, Quercetin: 2.02mg, Quercetin: 2.02mg

Nutrients (% of daily need)

Calories: 433.51kcal (21.68%), Fat: 14.45g (22.23%), Saturated Fat: 2.21g (13.82%), Carbohydrates: 38.55g (12.85%), Net Carbohydrates: 31.8g (11.56%), Sugar: 9.49g (10.55%), Cholesterol: 93.55mg (31.18%), Sodium: 394.08mg (17.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.72g (75.44%), Selenium: 65.75µg (93.93%), Vitamin B12: 5.41µg (90.15%), Vitamin B6: 1.59mg (79.37%), Vitamin B3: 14.48mg (72.4%), Phosphorus: 527.48mg (52.75%), Vitamin C: 38.89mg (47.14%), Vitamin B2: 0.72mg (42.62%), Potassium: 1126mg (32.17%), Vitamin B1: 0.48mg (32.05%), Vitamin B5: 3.16mg (31.65%), Copper: 0.56mg (28.02%), Fiber: 6.75g (27%), Magnesium: 100.28mg (25.07%), Vitamin A: 1041.91IU (20.84%), Folate: 63.85µg (15.96%), Iron: 2.41mg (13.4%), Manganese: 0.26mg (12.97%), Zinc: 1.92mg (12.83%), Calcium: 88.36mg (8.84%), Vitamin K: 8.36µg (7.96%), Vitamin E: 0.96mg (6.39%)