



WHATSheATE



HEALTH SCORE

100%

Chili-Seared Salmon with Sweet Pepper Salsa



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



302 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



0.1 teaspoon pepper black



2 tablespoons chili powder



2 teaspoons cider vinegar



2 tablespoons cilantro leaves fresh chopped



0.1 teaspoon ground coriander



0.3 teaspoon ground cumin



0.1 teaspoon ground pepper red



1 tablespoon jalapeno minced seeded

- ☐ 1 tablespoon juice of lemon fresh
- ☐ 2 teaspoons olive oil
- ☐ 0.5 cup plum tomatoes diced
- ☐ 0.5 cup bell pepper diced red
- ☐ 0.8 cup onion diced red
- ☐ 24 ounce salmon fillet ()
- ☐ 0.1 teaspoon salt
- ☐ 0.3 teaspoon salt
- ☐ 0.1 teaspoon sugar
- ☐ 0.5 cup bell pepper diced yellow

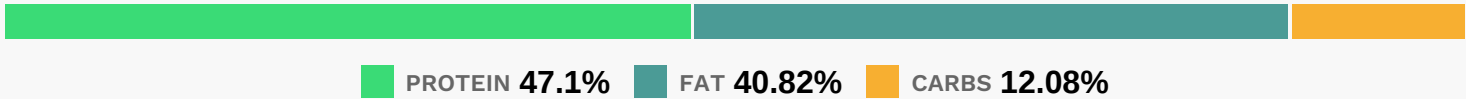
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine first 13 ingredients in a bowl; stir well.
- ☐ Let stand at least 30 minutes, stirring occasionally.
- ☐ Combine chili powder, 1/4 teaspoon salt, and black pepper; rub evenly over salmon fillets.
- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add fillets; cook 4 minutes on each side or until fish flakes easily when tested with a fork.
- ☐ Serve with salsa.

Nutrition Facts



Properties

Glycemic Index:85.02, Glycemic Load:1.31, Inflammation Score:-9, Nutrition Score:33.708261282548%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 6.81mg, Quercetin: 6.81mg, Quercetin: 6.81mg, Quercetin: 6.81mg

Nutrients (% of daily need)

Calories: 301.67kcal (15.08%), Fat: 13.62g (20.95%), Saturated Fat: 2.09g (13.07%), Carbohydrates: 9.06g (3.02%), Net Carbohydrates: 6.05g (2.2%), Sugar: 3.51g (3.91%), Cholesterol: 93.55mg (31.18%), Sodium: 362.92mg (15.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.34g (70.68%), Selenium: 63.18µg (90.26%), Vitamin B12: 5.41µg (90.15%), Vitamin C: 70.34mg (85.26%), Vitamin B6: 1.64mg (82.01%), Vitamin B3: 14.46mg (72.3%), Vitamin A: 2203.47IU (44.07%), Vitamin B2: 0.72mg (42.53%), Phosphorus: 380.04mg (38%), Potassium: 1125.36mg (32.15%), Vitamin B5: 3.04mg (30.38%), Vitamin B1: 0.44mg (29.21%), Copper: 0.52mg (26.17%), Folate: 69.17µg (17.29%), Magnesium: 67.85mg (16.96%), Vitamin E: 2.44mg (16.28%), Iron: 2.5mg (13.89%), Fiber: 3.01g (12.04%), Manganese: 0.24mg (11.83%), Vitamin K: 10.27µg (9.78%), Zinc: 1.46mg (9.74%), Calcium: 49.94mg (4.99%)