



Coconut-Curry Salmon

 Gluten Free

READY IN



25 min.

SERVINGS



25

CALORIES



64 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 oz philadelphia cream cheese cubed softened ()
- 0.5 tsp pepper red crushed
- 2 tsp curry powder divided
- 2 Tbsp cilantro leaves fresh chopped
- 1 tsp ground cumin
- 1 juice of lime
- 13.5 oz lite coconut milk canned
- 2 tsp oil

- 1 small onion sliced
- 0.8 lb plum tomatoes seeded chopped
- 1 bell pepper red cut into strips
- 1 lb skin-on salmon fillets

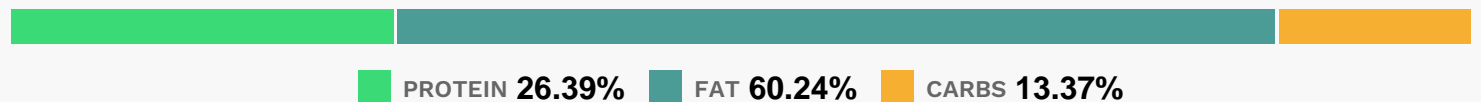
Equipment

- frying pan
- baking sheet
- oven
- blender

Directions

- Heat oven to 375F.
- Blend first 4 ingredients and 1 tsp. curry powder in blender until smooth.
- Place fish, skin-sides down, on baking sheet sprayed with cooking spray.
- Mix lime juice and remaining curry powder; brush onto fish.
- Bake 8 to 10 min. or until fish flakes easily with fork. Meanwhile, heat oil in large skillet on medium heat.
- Add bell peppers, tomatoes and onions; cook 5 min., stirring frequently. Stir in coconut mixture; cook 5 min. or until heated through, stirring frequently. Stir in cilantro.
- Serve fish with sauce.

Nutrition Facts



Properties

Glycemic Index:6.64, Glycemic Load:0.33, Inflammation Score:-3, Nutrition Score:4.1182608708091%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg

0.1mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg 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: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 63.63kcal (3.18%), Fat: 4.18g (6.43%), Saturated Fat: 2.15g (13.46%), Carbohydrates: 2.09g (0.7%), Net Carbohydrates: 1.7g (0.62%), Sugar: 0.88g (0.97%), Cholesterol: 14.56mg (4.85%), Sodium: 36.88mg (1.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.12g (8.24%), Vitamin C: 8.56mg (10.37%), Selenium: 7.07µg (10.1%), Vitamin B12: 0.59µg (9.78%), Vitamin B6: 0.18mg (9.13%), Vitamin B3: 1.58mg (7.88%), Vitamin A: 347.83IU (6.96%), Vitamin B2: 0.09mg (5.18%), Phosphorus: 47.72mg (4.77%), Potassium: 147.52mg (4.21%), Vitamin B5: 0.36mg (3.6%), Vitamin B1: 0.05mg (3.48%), Copper: 0.06mg (2.94%), Folate: 10.11µg (2.53%), Magnesium: 8.88mg (2.22%), Vitamin E: 0.31mg (2.05%), Manganese: 0.04mg (1.92%), Vitamin K: 1.98µg (1.89%), Iron: 0.32mg (1.79%), Fiber: 0.39g (1.57%), Zinc: 0.19mg (1.28%), Calcium: 10.75mg (1.07%)