



HEALTH SCORE

100%

Fresh Herb-Rubbed Salmon Fillets



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



466 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 teaspoons chili powder
- 0.3 cup tightly cilantro leaves fresh packed
- 2 cloves garlic pressed
- 3 tablespoons olive oil
- 0.3 cup onion chopped
- 1 teaspoon oregano leaves dried
- 0.3 cup tightly parsley leaves fresh packed
- 36 ounce salmon fillet

0.5 teaspoon salt

Equipment

food processor

baking pan

grill

Directions

Process first 8 ingredients in a food processor until smooth.

Place salmon fillets, skin side down, in a 13- x 9-inch baking dish.

Spread herb mixture evenly over fillets; cover and chill 1 hour.

Grill, skin side down, covered with grill lid, over high heat (400 to 50

to 10 minutes or until fish flakes with a fork.

Nutrition Facts

 **PROTEIN 44.85%** **FAT 53.03%** **CARBS 2.12%**

Properties

Glycemic Index:31.5, Glycemic Load:0.39, Inflammation Score:-8, Nutrition Score:36.960869602535%

Flavonoids

Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg Quercetin: 2.6mg, Quercetin: 2.6mg, Quercetin: 2.6mg, Quercetin: 2.6mg

Nutrients (% of daily need)

Calories: 466.38kcal (23.32%), Fat: 26.86g (41.32%), Saturated Fat: 3.99g (24.93%), Carbohydrates: 2.42g (0.81%), Net Carbohydrates: 1.6g (0.58%), Sugar: 0.55g (0.62%), Cholesterol: 140.33mg (46.78%), Sodium: 418.8mg (18.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 51.1g (102.21%), Vitamin B12: 8.11µg (135.23%), Selenium: 93.58µg (133.69%), Vitamin B6: 2.14mg (107.17%), Vitamin B3: 20.25mg (101.23%), Vitamin K: 74.89µg (71.32%), Vitamin B2: 0.99mg (58.17%), Phosphorus: 521.13mg (52.11%), Vitamin B5: 4.3mg (42.99%), Vitamin B1: 0.59mg (39.39%), Potassium: 1317.9mg (37.65%), Copper: 0.67mg (33.25%), Magnesium: 79.98mg (19.99%), Folate: 73.45µg (18.36%),

Iron: 2.71mg (15.07%), Vitamin A: 716.65IU (14.33%), Vitamin E: 1.95mg (12.97%), Zinc: 1.76mg (11.73%), Vitamin C: 6.48mg (7.86%), Manganese: 0.13mg (6.38%), Calcium: 52.22mg (5.22%), Fiber: 0.83g (3.31%)