



HEALTH SCORE

71%

Ginger and Lime Salmon



Gluten Free



Dairy Free



Very Healthy

READY IN



30 min.

SERVINGS



6

CALORIES



192 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



1 inch ginger root fresh peeled thinly sliced



6 cloves garlic minced



1 teaspoon ground pepper black



1 lime thinly sliced



1 tablespoon olive oil



1.5 pound salmon fillet



1 teaspoon seafood seasoning old bay® such as

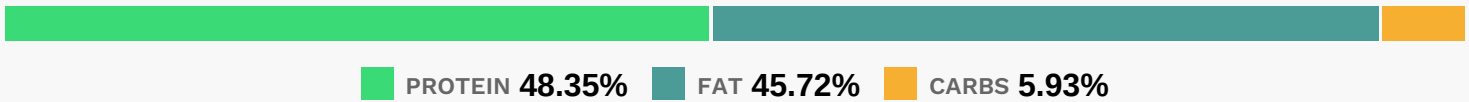
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil
- ☐ broiler

Directions

- ☐ Set oven rack about 6 to 8 inches from the heat source and preheat the oven's broiler; if broiler setting has Low setting, set broiler to that. Line a baking sheet with aluminum foil.
- ☐ Place salmon, skin side down, on the prepared baking sheet; rub salmon with olive oil. Season with seafood seasoning and black pepper. Arrange ginger slices atop salmon and sprinkle with garlic.
- ☐ Place lime slices over ginger-garlic layer.
- ☐ Broil salmon until hot and beginning to turn opaque, about 10 minutes; watch carefully. If broiler has a High setting, turn broiler to that setting and continue broiling until salmon is cooked through and flakes easily with a fork, 5 to 10 more minutes.

Nutrition Facts



Properties

Glycemic Index:18.17, Glycemic Load:0.62, Inflammation Score:-3, Nutrition Score:16.786086766616%

Flavonoids

Hesperetin: 4.8mg, Hesperetin: 4.8mg, Hesperetin: 4.8mg, Hesperetin: 4.8mg Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 192.27kcal (9.61%), Fat: 9.6g (14.78%), Saturated Fat: 1.46g (9.11%), Carbohydrates: 2.8g (0.93%), Net Carbohydrates: 2.28g (0.83%), Sugar: 0.25g (0.28%), Cholesterol: 62.37mg (20.79%), Sodium: 50.98mg (2.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.85g (45.71%), Vitamin B12: 3.61µg (60.1%), Selenium: 41.91µg (59.87%), Vitamin B6: 0.98mg (48.84%), Vitamin B3: 8.98mg (44.89%), Vitamin B2: 0.44mg (25.77%), Phosphorus: 234.89mg (23.49%), Vitamin B5: 1.94mg (19.36%), Vitamin B1: 0.27mg (17.81%), Potassium: 590.65mg (16.88%), Copper: 0.31mg (15.48%), Magnesium: 36.12mg (9.03%), Folate: 29.98µg (7.49%), Manganese: 0.14mg (6.86%), Iron:

1.2mg (6.64%), Zinc: 0.79mg (5.27%), Vitamin C: 4.28mg (5.19%), Vitamin K: 4.75µg (4.53%), Calcium: 27.73mg (2.77%), Vitamin E: 0.37mg (2.49%), Fiber: 0.52g (2.08%), Vitamin A: 61.81IU (1.24%)