



HEALTH SCORE

78%

Gingery Salmon with Peaches



Gluten Free



Dairy Free



Very Healthy

READY IN



10 min.

SERVINGS



4

CALORIES



437 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon ginger fresh grated
- ☐ 1 teaspoon thyme leaves fresh
- ☐ 4 servings kosher salt and pepper
- ☐ 4 tablespoons olive oil extra-virgin
- ☐ 3 peaches cut into wedges
- ☐ 2 medium onions red cut into wedges
- ☐ 1 tablespoon rice vinegar
- ☐ 24 ounce salmon steaks ()

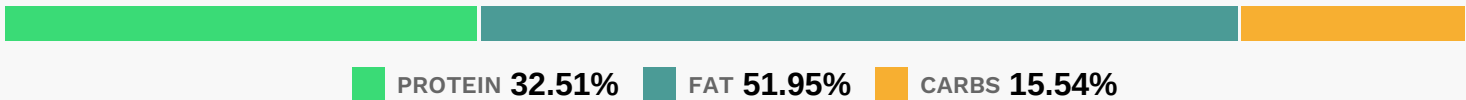
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Heat grill to medium-high. In a small bowl, combine the vinegar, ginger, thyme, 3 tablespoons of the oil, 1/4 teaspoon salt, and 1/4 teaspoon pepper; set aside. Season the salmon with 1/2 teaspoon salt and 1/4 teaspoon pepper. In a large bowl, gently toss the onions, peaches, the remaining 1 tablespoon of oil, 1/2 teaspoon salt, and 1/4 teaspoon pepper. Grill the salmon and the onions, until the salmon is opaque throughout and the onions are tender, 5 to 6 minutes per side. After flipping the salmon, place the peaches on the grill and cook until tender, 3 to 4 minutes per side.
- ☐ Drizzle the salmon with the vinaigrette and serve with the onions and peaches.

Nutrition Facts



Properties

Glycemic Index:44.31, Glycemic Load:5.09, Inflammation Score:-8, Nutrition Score:28.40782617486%

Flavonoids

Cyanidin: 2.16mg, Cyanidin: 2.16mg, Cyanidin: 2.16mg, Cyanidin: 2.16mg Catechin: 5.53mg, Catechin: 5.53mg, Catechin: 5.53mg, Catechin: 5.53mg Epigallocatechin: 1.17mg, Epigallocatechin: 1.17mg, Epigallocatechin: 1.17mg, Epigallocatechin: 1.17mg Epicatechin: 2.63mg, Epicatechin: 2.63mg, Epicatechin: 2.63mg, Epicatechin: 2.63mg Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 11.91mg, Quercetin: 11.91mg, Quercetin: 11.91mg, Quercetin: 11.91mg

Nutrients (% of daily need)

Calories: 437.17kcal (21.86%), Fat: 25.16g (38.71%), Saturated Fat: 3.65g (22.82%), Carbohydrates: 16.93g (5.64%), Net Carbohydrates: 14.21g (5.17%), Sugar: 11.8g (13.11%), Cholesterol: 93.55mg (31.18%), Sodium: 286.09mg (12.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.44g (70.87%), Selenium: 64.76µg (92.51%), Vitamin B12:

5.41µg (90.15%), Vitamin B6: 1.49mg (74.5%), Vitamin B3: 14.36mg (71.81%), Vitamin B2: 0.7mg (41.12%), Phosphorus: 382.18mg (38.22%), Vitamin B5: 3.08mg (30.76%), Potassium: 1061.59mg (30.33%), Vitamin B1: 0.44mg (29.16%), Copper: 0.54mg (27.08%), Vitamin E: 2.85mg (19.02%), Magnesium: 65.43mg (16.36%), Folate: 60.14µg (15.04%), Vitamin C: 9.57mg (11.6%), Vitamin K: 12.02µg (11.45%), Iron: 2.04mg (11.32%), Fiber: 2.73g (10.91%), Zinc: 1.46mg (9.71%), Vitamin A: 459.64IU (9.19%), Manganese: 0.18mg (9.1%), Calcium: 40.37mg (4.04%)