




 **64%**  
HEALTH SCORE

## Grilled Caribbean Salmon Packs


 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN




**40 min.**

SERVINGS



**4**

CALORIES



**653 kcal**

**LUNCH** **MAIN COURSE** **MAIN DISH** **DINNER**

### Ingredients

- 2 cups rice instant uncooked
- 1.8 cups chicken broth (from 32-oz carton)
- 0.5 cup bell pepper red chopped
- 2 tablespoons spring onion sliced
- 24 oz salmon fillet skinless
- 1 teaspoon salt
- 0.5 cup mint-cilantro chutney spread shopping list
- 1 cup pineapple chunks

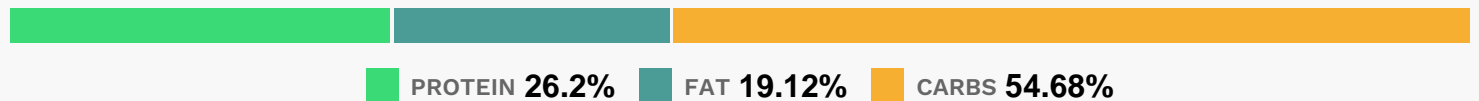
## Equipment

- bowl
- grill
- aluminum foil

## Directions

- Heat coals or gas grill for direct heat.
- Cut four 18x12-inch pieces of heavy-duty foil; spray each piece with cooking spray.
- In large bowl, mix rice and broth; let stand about 7 minutes or until broth is almost absorbed. Stir in bell pepper and onions.
- Place 3/4 cup rice mixture on center of each sprayed foil piece. Top rice with salmon.
- Sprinkle each salmon fillet with 1/4 teaspoon salt; top with 2 tablespoons chutney and 1/4 cup pineapple chunks.
- Fold foil over salmon and rice mixture so edges meet. Seal edges, making tight 1/2-inch fold; fold again. Allow space on sides for circulation and expansion.
- Cover and grill packets over medium heat 12 to 18 minutes, rotating packets 1/2 turn after about 6 minutes, until salmon flakes easily with fork.
- Place packets on plates.
- Cut large X across top of each packet; fold back foil.

## Nutrition Facts



## Properties

Glycemic Index:31.3, Glycemic Load:44.79, Inflammation Score:-8, Nutrition Score:34.814347598864%

## Flavonoids

Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

## Nutrients (% of daily need)

Calories: 652.72kcal (32.64%), Fat: 13.48g (20.73%), Saturated Fat: 2.73g (17.09%), Carbohydrates: 86.69g (28.9%), Net Carbohydrates: 84.25g (30.64%), Sugar: 9.84g (10.93%), Cholesterol: 95.61mg (31.87%), Sodium: 1496.39mg (65.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.54g (83.08%), Selenium: 76.74µg (109.63%), Vitamin B12: 5.43µg (90.49%), Vitamin B6: 1.64mg (82.17%), Vitamin B3: 15.44mg (77.2%), Manganese: 1.11mg (55.4%), Phosphorus: 460.77mg (46.08%), Vitamin B2: 0.78mg (46.06%), Vitamin C: 34.22mg (41.48%), Vitamin B5: 3.84mg (38.39%), Vitamin B1: 0.54mg (36.19%), Copper: 0.71mg (35.68%), Potassium: 1079.4mg (30.84%), Vitamin A: 1407.7IU (28.15%), Magnesium: 85.2mg (21.3%), Folate: 63.37µg (15.84%), Zinc: 2.29mg (15.25%), Iron: 2.47mg (13.71%), Fiber: 2.44g (9.76%), Vitamin K: 7.63µg (7.27%), Calcium: 63.71mg (6.37%), Vitamin E: 0.47mg (3.1%)