



Grilled Ginger-Teriyaki Salmon with Honey-Mango Salsa

 Gluten Free  Dairy Free

READY IN



90 min.

SERVINGS



4

CALORIES



225 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon lime zest grated
- 2 tablespoons juice of lime
- 1 tablespoon honey
- 1 Dash hot sauce red
- 1 medium mangos diced peeled
- 2 tablespoons onion red finely chopped
- 3 tablespoons teriyaki sauce (from 12-oz bottle)

1 tablespoon ginger grated

1 lb salmon fillet

Equipment

bowl

grill

Directions

In small glass or plastic bowl, mix lime peel, lime juice, honey and pepper sauce.

Add mango and onion; toss. Cover; refrigerate 1 hour.

In shallow glass or plastic dish, mix teriyaki glaze and gingerroot.

Add salmon, turning skin side up.

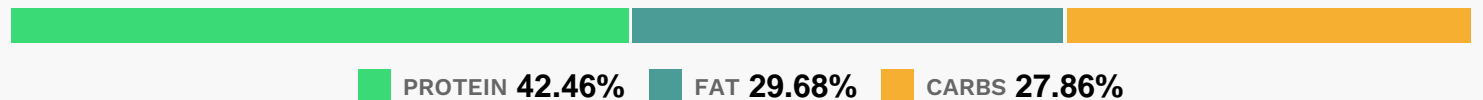
Let stand 15 minutes.

Heat gas or charcoal grill. Carefully brush vegetable oil on grill rack.

Place salmon, skin side up, on grill over medium heat. Cover grill; cook 2 minutes. Turn salmon. Cover grill; cook 5 to 10 minutes longer or until salmon flakes easily with fork.

Serve with salsa.

Nutrition Facts



Properties

Glycemic Index:44.51, Glycemic Load:6, Inflammation Score:-6, Nutrition Score:19.153043404869%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.89mg, Hesperetin: 0.89mg, Hesperetin: 0.89mg, Hesperetin: 0.89mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg

0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg

Nutrients (% of daily need)

Calories: 225.48kcal (11.27%), Fat: 7.41g (11.41%), Saturated Fat: 1.17g (7.29%), Carbohydrates: 15.66g (5.22%), Net Carbohydrates: 14.64g (5.32%), Sugar: 13.68g (15.2%), Cholesterol: 62.37mg (20.79%), Sodium: 568.92mg (24.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.86g (47.72%), Vitamin B12: 3.61µg (60.1%), Selenium: 41.94µg (59.91%), Vitamin B6: 1.02mg (50.79%), Vitamin B3: 9.47mg (47.34%), Vitamin B2: 0.47mg (27.37%), Vitamin C: 21.74mg (26.35%), Phosphorus: 258.23mg (25.82%), Vitamin B5: 2.04mg (20.4%), Potassium: 699.58mg (19.99%), Vitamin B1: 0.28mg (18.64%), Copper: 0.36mg (18.23%), Folate: 53.72µg (13.43%), Vitamin A: 609.43IU (12.19%), Magnesium: 48.28mg (12.07%), Iron: 1.27mg (7.07%), Zinc: 0.82mg (5.46%), Fiber: 1.02g (4.06%), Manganese: 0.07mg (3.34%), Vitamin E: 0.49mg (3.26%), Calcium: 25.64mg (2.56%), Vitamin K: 2.24µg (2.14%)