



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 tablespoon ginger grated
- 1 tablespoon honey
- 2 tablespoons juice of lime
- 1 teaspoon lime zest grated
- 1 medium mangos diced peeled
- 1 Dash hot sauce red
- 2 tablespoons onion red finely chopped

- 1 lb salmon fillet
- 3 tablespoons teriyaki sauce (from 12-oz bottle)

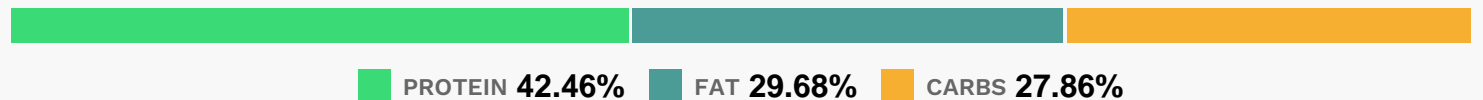
Equipment

- 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%)