






 **69%**
HEALTH SCORE

Grilled King Salmon with Tomato-Peach Salsa

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

READY IN

25 min.

SERVINGS

4

CALORIES

319 kcal

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

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 0.8 cup cherry tomatoes quartered
- 3 tablespoons basil leaves fresh
- 3 tablespoons mint leaves fresh
- 1 tablespoon honey
- 1 teaspoon kosher salt divided
- 2 tablespoons juice of lemon fresh
- 1 tablespoon olive oil extra-virgin

- 0.3 cup thinly onion red vertically sliced
- 1 cup peaches peeled chopped
- 24 ounce alaskan king salmon fillets wild

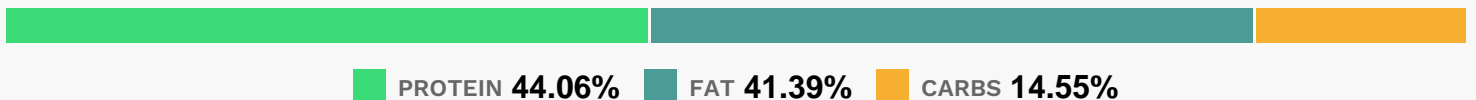
Equipment

- bowl
- grill

Directions

- Preheat grill to high heat.
- Combine first 8 ingredients in a bowl; add jalapeo, if desired.
- Sprinkle mixture with 1/4 teaspoon salt; toss gently.
- Sprinkle fillets evenly with remaining 3/4 teaspoon salt and black pepper.
- Place the fillets on a grill rack coated with cooking spray, and grill for 10 minutes or until desired degree of doneness, turning after 5 minutes.
- Serve with salsa.

Nutrition Facts



Properties

Glycemic Index:55.38, Glycemic Load:3.82, Inflammation Score:-7, Nutrition Score:27.000869958297%

Flavonoids

Cyanidin: 0.74mg, Cyanidin: 0.74mg, Cyanidin: 0.74mg, Cyanidin: 0.74mg Catechin: 1.89mg, Catechin: 1.89mg, Catechin: 1.89mg, Catechin: 1.89mg Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg Epicatechin: 0.9mg, Epicatechin: 0.9mg, Epicatechin: 0.9mg, Epicatechin: 0.9mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Eriodictyol: 1.53mg, Eriodictyol: 1.53mg, Eriodictyol: 1.53mg, Eriodictyol: 1.53mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg

Kaempferol: 0.15mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.51mg, Quercetin: 2.51mg, Quercetin: 2.51mg, Quercetin: 2.51mg

Nutrients (% of daily need)

Calories: 318.57kcal (15.93%), Fat: 14.5g (22.3%), Saturated Fat: 2.18g (13.64%), Carbohydrates: 11.46g (3.82%), Net Carbohydrates: 10.13g (3.68%), Sugar: 8.85g (9.84%), Cholesterol: 93.55mg (31.18%), Sodium: 666.29mg (28.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.72g (69.43%), Selenium: 63.15µg (90.21%), Vitamin B12: 5.41µg (90.15%), Vitamin B6: 1.45mg (72.37%), Vitamin B3: 13.93mg (69.66%), Vitamin B2: 0.68mg (40.09%), Phosphorus: 363.97mg (36.4%), Vitamin B5: 2.97mg (29.69%), Potassium: 993.98mg (28.4%), Vitamin B1: 0.41mg (27.59%), Copper: 0.5mg (25.17%), Vitamin C: 13.08mg (15.85%), Magnesium: 60.67mg (15.17%), Folate: 57.29µg (14.32%), Vitamin A: 569.92IU (11.4%), Iron: 2.01mg (11.14%), Vitamin K: 10.51µg (10.01%), Manganese: 0.18mg (8.84%), Zinc: 1.31mg (8.7%), Vitamin E: 0.97mg (6.45%), Fiber: 1.33g (5.33%), Calcium: 40.81mg (4.08%)