



Grilled salmon tacos with chipotle lime yogurt

 Very Healthy

READY IN



25 min.

SERVINGS



4

CALORIES



416 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tsp garlic salt
- ☐ 2 tbsp paprika smoked
- ☐ 1 pinch sugar good
- ☐ 500 g salmon fillet
- ☐ 200 ml yogurt fat-free
- ☐ 1 tbsp chipotle paste hot
- ☐ 1 juice of lime
- ☐ 8 small flour tortilla warmed soft

- ☐ 0.3 small cabbage shredded green finely
- ☐ 1 small bunch cilantro leaves
- ☐ 9 servings jalapeno sliced
- ☐ 4 servings lime wedges

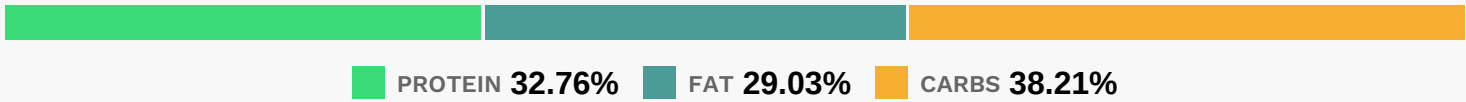
Equipment

- ☐ bowl
- ☐ baking pan
- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Rub the garlic salt, paprika, sugar and some seasoning into the flesh of the salmon fillet.
- ☐ Heat grill to high.
- ☐ Mix the yogurt, chipotle paste or hot sauce and lime juice together in a bowl with some seasoning, and set aside.
- ☐ Place the salmon on a baking tray lined with foil and grill, skin-side down, for 7-8 mins until cooked through.
- ☐ Remove from the grill and carefully peel off and discard the skin.
- ☐ Flake the salmon into large chunks and serve with the warmed tortillas, chipotle yogurt, shredded cabbage, coriander, jalapeos and lime wedges.
- ☐ Add a shake of hot sauce, if you like it spicy.

Nutrition Facts



Properties

Glycemic Index:64.77, Glycemic Load:10.38, Inflammation Score:-9, Nutrition Score:34.015217532282%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 1.51mg, Quercetin: 1.51mg, Quercetin: 1.51mg, Quercetin: 1.51mg

Nutrients (% of daily need)

Calories: 416.35kcal (20.82%), Fat: 13.35g (20.53%), Saturated Fat: 3.13g (19.59%), Carbohydrates: 39.52g (13.17%), Net Carbohydrates: 34.81g (12.66%), Sugar: 8.63g (9.59%), Cholesterol: 69.79mg (23.26%), Sodium: 1129.55mg (49.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.89g (67.77%), Selenium: 61.28µg (87.54%), Vitamin B12: 4.29µg (71.51%), Vitamin B3: 13.1mg (65.52%), Vitamin B6: 1.25mg (62.27%), Vitamin B2: 0.83mg (49.11%), Phosphorus: 481.14mg (48.11%), Vitamin K: 48.44µg (46.13%), Vitamin B1: 0.65mg (43.58%), Vitamin A: 2021.09IU (40.42%), Vitamin C: 26.58mg (32.22%), Folate: 118.36µg (29.59%), Potassium: 1009.49mg (28.84%), Vitamin B5: 2.73mg (27.33%), Iron: 4.24mg (23.56%), Calcium: 235.26mg (23.53%), Manganese: 0.46mg (23.15%), Copper: 0.43mg (21.32%), Fiber: 4.71g (18.83%), Magnesium: 72.91mg (18.23%), Zinc: 1.88mg (12.52%), Vitamin E: 1.36mg (9.04%)