



HEALTH SCORE

100%

Grilled Salmon with Charred Tomato Salsa



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



275 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 0.3 cup cilantro leaves fresh minced
- ☐ 2 jalapeño peppers
- ☐ 2 teaspoons olive oil
- ☐ 1 small onion peeled
- ☐ 2 poblano chiles
- ☐ 36 ounce salmon fillet
- ☐ 0.5 teaspoon salt

☐ 0.5 pound tomatoes

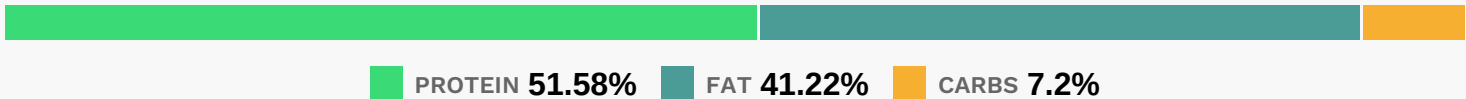
Equipment

- ☐ bowl
- ☐ grill
- ☐ broiler
- ☐ broiler pan

Directions

- ☐ Preheat broiler.
- ☐ Place first 4 ingredients on a broiler pan, and broil 10 minutes or until tomatoes are tender and onion is slightly blackened. Cool 5 minutes.
- ☐ Core tomatoes; discard cores. Coarsely chop tomatoes, peppers, chiles, and onion; place in a bowl.
- ☐ Add cilantro, oil, salt, and black pepper; toss gently.
- ☐ Prepare grill.
- ☐ Place salmon, skin side down, on grill rack. Grill 10 minutes or until fish flakes easily when tested with a fork. Top with about 2 tablespoons salsa; garnish with thyme, if desired.

Nutrition Facts



Properties

Glycemic Index:28.5, Glycemic Load:0.82, Inflammation Score:-7, Nutrition Score:28.551739070726%

Flavonoids

Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg Luteolin: 1.93mg, Luteolin: 1.93mg, Luteolin: 1.93mg, Luteolin: 1.93mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 4.05mg, Quercetin: 4.05mg, Quercetin: 4.05mg, Quercetin: 4.05mg

Nutrients (% of daily need)

Calories: 274.65kcal (13.73%), Fat: 12.3g (18.92%), Saturated Fat: 1.9g (11.86%), Carbohydrates: 4.84g (1.61%), Net Carbohydrates: 3.32g (1.21%), Sugar: 2.64g (2.93%), Cholesterol: 93.55mg (31.18%), Sodium: 272.69mg (11.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.62g (69.25%), Vitamin B12: 5.41µg (90.15%), Selenium: 62.18µg (88.82%), Vitamin B6: 1.55mg (77.28%), Vitamin B3: 13.87mg (69.34%), Vitamin C: 43.65mg (52.91%), Vitamin B2: 0.67mg (39.56%), Phosphorus: 362.38mg (36.24%), Vitamin B5: 2.94mg (29.39%), Potassium: 1026.83mg (29.34%), Vitamin B1: 0.43mg (28.59%), Copper: 0.48mg (24.21%), Magnesium: 59.78mg (14.95%), Folate: 56.08µg (14.02%), Vitamin A: 626.11IU (12.52%), Vitamin K: 9.97µg (9.5%), Iron: 1.67mg (9.28%), Zinc: 1.24mg (8.24%), Manganese: 0.16mg (8.14%), Fiber: 1.52g (6.07%), Vitamin E: 0.73mg (4.87%), Calcium: 32.72mg (3.27%)