



Grilled Salmon with Mango Salsa



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



120 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon cilantro leaves fresh chopped
- ☐ 4 servings kosher salt
- ☐ 2 tablespoons juice of lemon
- ☐ 1 teaspoon lemon zest grated
- ☐ 1 cup firm-ripe mango chopped
- ☐ 1.5 teaspoons olive oil
- ☐ 4 servings bell pepper
- ☐ 1 fillet salmon dry rinsed

☐ 1 teaspoon serrano chile fresh minced (see notes)

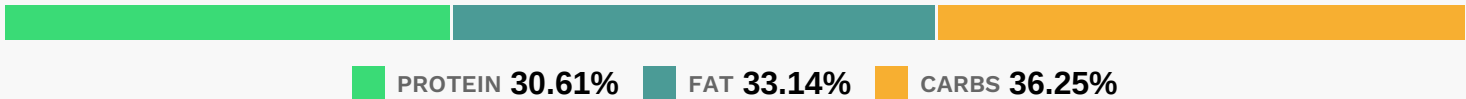
Equipment

- ☐ bowl
- ☐ grill
- ☐ aluminum foil
- ☐ spatula

Directions

- ☐ Lay salmon, skin down, on an oiled piece of heavy foil that's about 2 inches bigger than the fish on all sides. Rub top of fish with oil, then lemon peel.
- ☐ Sprinkle generously with salt and pepper.
- ☐ In a bowl, mix mango, lemon juice, and cilantro.
- ☐ Add chile, salt, and pepper to taste.
- ☐ Lay salmon (on foil) on a barbecue grill over a solid bed of medium-hot coals or medium-high heat on a gas grill (you can hold your hand at grill level only 3 to 4 seconds); close lid on barbecue. Cook until salmon is opaque but still moist-looking in center of thickest part (cut to test), 12 to 15 minutes. Spoon off any oil from foil.
- ☐ Carefully slide a wide spatula between salmon skin and foil and lift salmon to a platter. Spoon half the mango salsa over fish. Slice fish crosswise and serve with remaining salsa.
- ☐ Wine pairing: An off-dry Riesling or Gewrztraminer with good acidity cools the chile fire in the salsa and complements the rich fish and tropical fruit.

Nutrition Facts



Properties

Glycemic Index:28.94, Glycemic Load:3.8, Inflammation Score:-9, Nutrition Score:16.794347892637%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg

Pelargonidin: 0.01mg Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 119.8kcal (5.99%), Fat: 4.6g (7.07%), Saturated Fat: 0.71g (4.43%), Carbohydrates: 11.31g (3.77%), Net Carbohydrates: 8.99g (3.27%), Sugar: 9.01g (10.01%), Cholesterol: 23.38mg (7.79%), Sodium: 216.11mg (9.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.55g (19.1%), Vitamin C: 114.17mg (138.39%), Vitamin A: 2808.05IU (56.16%), Vitamin B6: 0.62mg (31.03%), Selenium: 15.85µg (22.64%), Vitamin B12: 1.35µg (22.53%), Vitamin B3: 4.36mg (21.82%), Folate: 64.37µg (16.09%), Vitamin B2: 0.24mg (14.27%), Potassium: 445.37mg (12.72%), Vitamin E: 1.78mg (11.89%), Phosphorus: 111.05mg (11.11%), Vitamin B5: 1.04mg (10.38%), Vitamin B1: 0.15mg (10.02%), Fiber: 2.32g (9.29%), Copper: 0.17mg (8.37%), Magnesium: 26.06mg (6.51%), Vitamin K: 6.66µg (6.34%), Manganese: 0.12mg (5.95%), Iron: 0.75mg (4.18%), Zinc: 0.5mg (3.35%), Calcium: 16.23mg (1.62%)