



HEALTH SCORE

90%

Grilled Salmon with Nectarine Salsa



Gluten Free



Dairy Free



Very Healthy

READY IN



30 min.

SERVINGS



6

CALORIES



257 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 2 teaspoons jalapeno chopped
- ☐ 0.5 cup juice of lemon
- ☐ 4 medium nectarines chopped
- ☐ 2 lb salmon fillet

Equipment

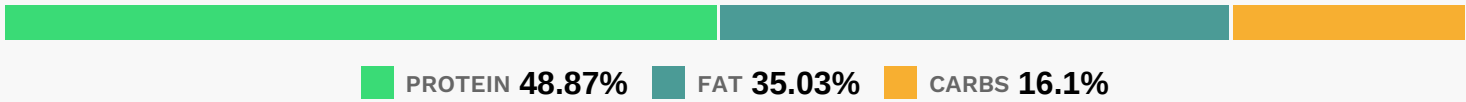
- ☐ bowl
- ☐ baking pan

- ☐ grill
- ☐ glass baking pan

Directions

- ☐ Heat gas or charcoal grill. In ungreased 11x7-inch (2-quart) glass baking dish, place salmon, skin sides down.
- ☐ Drizzle with 1/4 cup of the lemon juice.
- ☐ Remove salmon from baking dish; place skin sides down on grill over medium heat. Cover grill; cook 10 to 20 minutes or until salmon flakes easily with fork.
- ☐ In medium glass or plastic bowl, mix remaining 1/4 cup lemon juice and remaining ingredients.
- ☐ Serve nectarine salsa over salmon.

Nutrition Facts



Properties

Glycemic Index:17.83, Glycemic Load:3.15, Inflammation Score:-6, Nutrition Score:23.872608526893%

Flavonoids

Cyanidin: 2.02mg, Cyanidin: 2.02mg, Cyanidin: 2.02mg, Cyanidin: 2.02mg Catechin: 2.82mg, Catechin: 2.82mg, Catechin: 2.82mg, Catechin: 2.82mg Epicatechin: 2.4mg, Epicatechin: 2.4mg, Epicatechin: 2.4mg, Epicatechin: 2.4mg Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg

Nutrients (% of daily need)

Calories: 256.88kcal (12.84%), Fat: 9.91g (15.25%), Saturated Fat: 1.49g (9.33%), Carbohydrates: 10.25g (3.42%), Net Carbohydrates: 8.69g (3.16%), Sugar: 8.06g (8.96%), Cholesterol: 83.16mg (27.72%), Sodium: 79.7mg (3.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.12g (62.23%), Vitamin B12: 4.81µg (80.13%), Selenium: 55.23µg (78.89%), Vitamin B3: 13mg (65%), Vitamin B6: 1.28mg (63.94%), Vitamin B2: 0.61mg (35.68%), Phosphorus: 329.71mg (32.97%), Vitamin B5: 2.73mg (27.31%), Potassium: 896.9mg (25.63%), Vitamin B1: 0.38mg (25.36%), Copper: 0.46mg (23.13%), Vitamin C: 12.95mg (15.7%), Magnesium: 54.18mg (13.55%), Folate: 48.82µg (12.21%), Vitamin A: 483.93IU (9.68%), Iron: 1.54mg (8.54%), Zinc: 1.19mg (7.9%), Fiber: 1.57g (6.26%), Vitamin K: 6.34µg (6.03%), Vitamin E: 0.7mg (4.67%), Manganese: 0.09mg (4.25%), Calcium: 22.35mg (2.24%)