



 **100%**
HEALTH SCORE

Grilled Salmon with Smoky Tomato Salsa

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

READY IN



45 min.

SERVINGS



4

CALORIES



270 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 jalapeno halved
- 1 lime divided
- 4 large plum tomatoes halved
- 1 small onion red cut into 1/2-inch slices
- 24 ounce salmon fillet skinless

Equipment

- grill

Directions

- Prepare grill to medium-high heat.
- Sprinkle fillets with 1/4 teaspoon salt and 1/4 teaspoon black pepper.
- Place on grill rack coated with cooking spray, and grill for 4 minutes on each side or until desired degree of doneness.
- Place tomatoes, onion, and jalapeo on grill rack coated with cooking spray; grill tomatoes, cut side down, 6 minutes. Turn; grill for 1 minute. Grill onion and jalapeo for 6 minutes on each side or until lightly browned.
- Remove from grill, and cool slightly. Coarsely chop tomatoes and onion; finely chop jalapeo.
- Combine tomatoes, onion, jalapeo, 1/4 teaspoon salt, 1/4 teaspoon black pepper, and juice from 1/2 lime.
- Serve salsa over fish.
- Garnish with lime wedges.

Nutrition Facts

PROTEIN 52.31% **FAT 37.2%** **CARBS 10.49%**

Properties

Glycemic Index:32.25, Glycemic Load:1.66, Inflammation Score:-7, Nutrition Score:27.064348065335%

Flavonoids

Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg Naringenin: 0.99mg, Naringenin: 0.99mg, Naringenin: 0.99mg, Naringenin: 0.99mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 6.19mg, Quercetin: 6.19mg, Quercetin: 6.19mg, Quercetin: 6.19mg

Nutrients (% of daily need)

Calories: 269.74kcal (13.49%), Fat: 10.98g (16.9%), Saturated Fat: 1.7g (10.65%), Carbohydrates: 6.97g (2.32%), Net Carbohydrates: 5.19g (1.89%), Sugar: 3.22g (3.58%), Cholesterol: 93.55mg (31.18%), Sodium: 79.48mg (3.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.74g (69.49%), Vitamin B12: 5.41µg (90.15%), Selenium: 62.3µg (89.01%), Vitamin B6: 1.5mg (74.79%), Vitamin B3: 13.85mg (69.24%), Vitamin B2: 0.67mg (39.49%), Phosphorus: 366.97mg (36.7%), Potassium: 1046.33mg (29.9%), Vitamin B5: 2.97mg (29.67%), Vitamin B1: 0.43mg (28.43%), Copper: 0.49mg (24.25%), Vitamin C: 19.55mg (23.7%), Magnesium: 60.43mg (15.11%), Folate: 59.33µg (14.83%),

Vitamin A: 631.15IU (12.62%), Iron: 1.7mg (9.42%), Zinc: 1.26mg (8.43%), Fiber: 1.78g (7.11%), Manganese: 0.14mg (6.91%), Vitamin K: 5.76µg (5.48%), Calcium: 38.88mg (3.89%), Vitamin E: 0.5mg (3.35%)