



## Grilled Salmon with White Corn Salsa



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



339 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 2 tablespoons mint leaves fresh chopped
- ☐ 2 teaspoons lemon zest grated
- ☐ 1 tablespoon olive oil
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 36 ounce salmon fillet (1/)
- ☐ 0.5 teaspoon salt
- ☐ 6 servings corn syrup

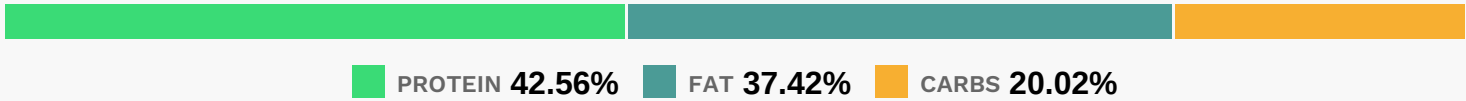
### Equipment

- ☐ grill
- ☐ ziploc bags

## Directions

- ☐ Combine first 5 ingredients in a large zip-top heavy-duty plastic bag.
- ☐ Add fillets; seal bag, and marinate in refrigerator 1 hour.
- ☐ Prepare grill.
- ☐ Place fillets on grill rack coated with cooking spray, and grill 6 minutes on each side or until fish flakes easily when tested with a fork. Spoon White Corn Salsa over fillets, and garnish with carrots, beets, and thyme, if desired.

## Nutrition Facts



## Properties

Glycemic Index:5.33, Glycemic Load:0.01, Inflammation Score:-5, Nutrition Score:26.959130349367%

## Flavonoids

Eriodictyol: 0.52mg, Eriodictyol: 0.52mg, Eriodictyol: 0.52mg, Eriodictyol: 0.52mg Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg

## Nutrients (% of daily need)

Calories: 338.54kcal (16.93%), Fat: 14.22g (21.88%), Saturated Fat: 2.15g (13.42%), Carbohydrates: 17.12g (5.71%), Net Carbohydrates: 14.82g (5.39%), Sugar: 5.98g (6.64%), Cholesterol: 93.55mg (31.18%), Sodium: 271.56mg (11.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.4g (72.8%), Vitamin B12: 5.41µg (90.15%), Selenium: 62.71µg (89.59%), Vitamin B6: 1.49mg (74.64%), Vitamin B3: 14.68mg (73.42%), Phosphorus: 412.46mg (41.25%), Vitamin B2: 0.69mg (40.72%), Vitamin B5: 3.42mg (34.16%), Vitamin B1: 0.46mg (30.37%), Potassium: 1039.24mg (29.69%), Copper: 0.48mg (23.82%), Magnesium: 74.78mg (18.69%), Folate: 59.93µg (14.98%), Manganese: 0.22mg (11.14%), Iron: 1.9mg (10.54%), Zinc: 1.53mg (10.17%), Fiber: 2.3g (9.22%), Vitamin C: 6.16mg (7.47%), Vitamin A: 141.17IU (2.82%), Calcium: 27.41mg (2.74%), Vitamin E: 0.41mg (2.72%), Vitamin K: 1.85µg (1.76%)