



WHATSheATE



HEALTH SCORE

77%

Grilled Sockeye Salmon with Fava Bean, White Corn, and Wild Mushroom Succotash



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



366 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 4 servings jicama wild white
- ☐ 4 servings olive oil
- ☐ 24 ounce salmon fillet
- ☐ 0.3 teaspoon sea salt

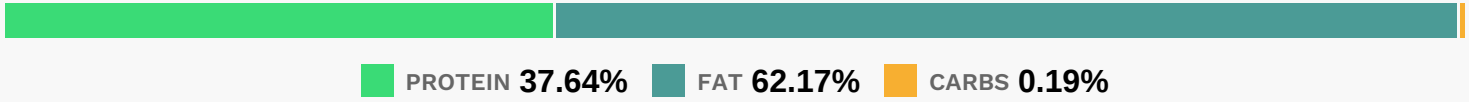
Equipment

- ☐ grill

Directions

- ☐ Brush salmon fillets with olive oil, and sprinkle evenly with salt and pepper. Grill, skin-side down, over medium heat (300 to 35
- ☐ for 3 minutes. Turn and grill 1 additional minute or until desired degree of doneness.
- ☐ Serve over succotash.

Nutrition Facts



Properties

Glycemic Index:11.75, Glycemic Load:0.02, Inflammation Score:-4, Nutrition Score:24.05086981408%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Nutrients (% of daily need)

Calories: 365.99kcal (18.3%), Fat: 24.79g (38.14%), Saturated Fat: 3.6g (22.52%), Carbohydrates: 0.17g (0.06%), Net Carbohydrates: 0.09g (0.03%), Sugar: 0.02g (0.02%), Cholesterol: 93.55mg (31.18%), Sodium: 220.53mg (9.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.77g (67.53%), Vitamin B12: 5.41µg (90.15%), Selenium: 62.1µg (88.71%), Vitamin B6: 1.39mg (69.61%), Vitamin B3: 13.37mg (66.87%), Vitamin B2: 0.65mg (38.05%), Phosphorus: 340.57mg (34.06%), Vitamin B5: 2.83mg (28.34%), Vitamin B1: 0.38mg (25.65%), Potassium: 836.81mg (23.91%), Copper: 0.43mg (21.37%), Vitamin E: 2.02mg (13.48%), Magnesium: 49.67mg (12.42%), Folate: 42.67µg (10.67%), Vitamin K: 8.64µg (8.22%), Iron: 1.46mg (8.1%), Zinc: 1.09mg (7.28%), Manganese: 0.04mg (2.21%), Calcium: 21.32mg (2.13%), Vitamin A: 68.93IU (1.38%)