



HEALTH SCORE

90%

Herb-Grilled Salmon with Mango Salsa



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



462 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon pepper oil hot (such as Crisco Savory Seasonings)
- ☐ 4 cups rice hot cooked
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 0.3 cup mint leaves fresh chopped
- ☐ 0.3 teaspoon pepper
- ☐ 24 ounce salmon fillet ()
- ☐ 4 servings mango salsa
- ☐ 0.5 teaspoon salt

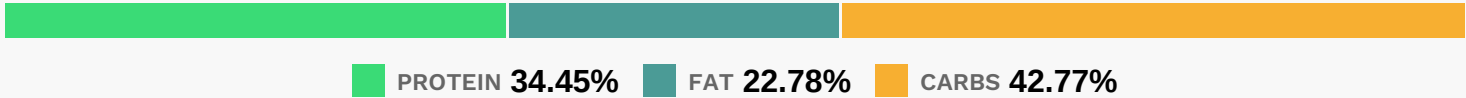
Equipment

- ☐ grill
- ☐ broiler
- ☐ ziploc bags
- ☐ broiler pan

Directions

- ☐ Combine first 4 ingredients in a large zip-top plastic bag. Seal; shake gently to coat. Marinate in refrigerator 20 minutes.
- ☐ Remove salmon from bag.
- ☐ Sprinkle salmon with salt and pepper. Prepare grill or broiler.
- ☐ Place salmon on grill rack or broiler pan coated with cooking spray; cook 5 minutes on each side or until salmon is done.
- ☐ Serve with Mango Salsa and rice.

Nutrition Facts



Properties

Glycemic Index:44.5, Glycemic Load:47.86, Inflammation Score:-6, Nutrition Score:30.323043626288%

Flavonoids

Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 462kcal (23.1%), Fat: 11.38g (17.5%), Saturated Fat: 1.82g (11.41%), Carbohydrates: 48.05g (16.02%), Net Carbohydrates: 46.03g (16.74%), Sugar: 1.36g (1.51%), Cholesterol: 93.55mg (31.18%), Sodium: 578.69mg (25.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.71g (77.42%), Selenium: 74.29µg (106.14%), Vitamin B12: 5.41µg (90.15%), Vitamin B6: 1.61mg (80.65%), Vitamin B3: 14.48mg (72.39%), Manganese: 0.92mg (46.23%), Phosphorus: 422.93mg (42.29%), Vitamin B2: 0.69mg (40.76%), Vitamin B5: 3.54mg (35.4%), Potassium:

1009.8mg (28.85%), Vitamin B1: 0.43mg (28.83%), Copper: 0.58mg (28.81%), Magnesium: 79.15mg (19.79%), Folate: 55.31µg (13.83%), Iron: 2.44mg (13.55%), Zinc: 2mg (13.32%), Vitamin K: 12.31µg (11.72%), Vitamin A: 430.24IU (8.6%), Fiber: 2.02g (8.07%), Calcium: 73.09mg (7.31%), Vitamin E: 0.7mg (4.7%), Vitamin C: 1.8mg (2.18%)