



Jamaican Jerk Salmon and Mango Pineapple Salsa



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



384 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup black beans canned rinsed drained
- ☐ 0.3 teaspoon ground pepper
- ☐ 0.1 teaspoon cinnamon
- ☐ 0.3 teaspoon thyme dried
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1 teaspoon ground allspice
- ☐ 1 teaspoon ground cumin

- ☐ 2 mangos diced peeled
- ☐ 1 teaspoon olive oil
- ☐ 0.5 pineapple diced cored
- ☐ 0.8 cup onion red finely chopped
- ☐ 20 ounces salmon fillet , skin on
- ☐ 0.8 teaspoon salt divided

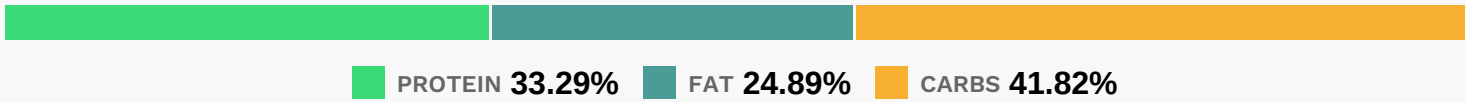
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine mangoes, pineapple, black beans, onion, cilantro and 1/4 teaspoon salt in a bowl.
- ☐ Combine remaining 1/2 teaspoon salt, allspice, cumin, thyme, cayenne and cinnamon in another bowl; rub over both sides of each fillet.
- ☐ Heat oil in a large nonstick skillet over medium-high heat; cook salmon until cooked through, 5 minutes per side.
- ☐ Serve with salsa.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:56.6, Glycemic Load:15.62, Inflammation Score:-9, Nutrition Score:35.94304308684%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Catechin: 1.78mg, Catechin: 1.78mg, Catechin: 1.78mg, Catechin: 1.78mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol:

0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 6.78mg, Quercetin: 6.78mg, Quercetin: 6.78mg, Quercetin: 6.78mg

Nutrients (% of daily need)

Calories: 384.06kcal (19.2%), Fat: 10.86g (16.7%), Saturated Fat: 1.71g (10.66%), Carbohydrates: 41.05g (13.68%), Net Carbohydrates: 34.05g (12.38%), Sugar: 26.63g (29.59%), Cholesterol: 77.96mg (25.99%), Sodium: 668.67mg (29.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.67g (65.34%), Vitamin C: 95.76mg (116.08%), Selenium: 53.25µg (76.07%), Vitamin B12: 4.51µg (75.13%), Vitamin B6: 1.48mg (73.86%), Manganese: 1.33mg (66.53%), Vitamin B3: 12.76mg (63.82%), Vitamin B2: 0.68mg (39.93%), Phosphorus: 366.25mg (36.62%), Copper: 0.7mg (34.94%), Vitamin B1: 0.52mg (34.52%), Potassium: 1190.76mg (34.02%), Folate: 133.39µg (33.35%), Vitamin B5: 2.93mg (29.25%), Fiber: 7g (27.98%), Vitamin A: 1375.6IU (27.51%), Magnesium: 86.22mg (21.56%), Iron: 2.99mg (16.63%), Zinc: 1.46mg (9.75%), Vitamin K: 10.18µg (9.69%), Vitamin E: 1.19mg (7.93%), Calcium: 75.95mg (7.6%)