



Larry's Salmon Fajitas

 Very Healthy

READY IN



45 min.

SERVINGS



3

CALORIES



527 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.1 teaspoon chili flakes hot
- ☐ 6 nonfat flour tortillas warmed
- ☐ 1 teaspoon ginger fresh minced
- ☐ 1 teaspoon ground cumin
- ☐ 1.5 teaspoons hot sauce
- ☐ 2 tablespoons juice of lemon
- ☐ 3 servings nonfat cream sour
- ☐ 6 oz onion thinly sliced

- ☐ 4 large leaves romaine lettuce 3 oz. total
- ☐ 1.3 pounds salmon fillet cut into 1-inch cubes
- ☐ 3 tomatoes 1 lb. total

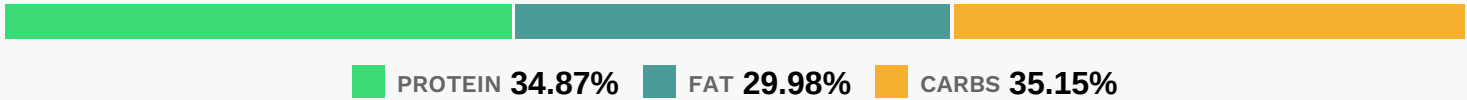
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ In a bowl, combine salmon, onion, lemon juice, cumin, ginger, hot sauce, and chili flakes; mix well. Cover; chill 10 minutes. Meanwhile, shred lettuce and core and chop tomatoes; cover and chill separately until serving time.
- ☐ Heat a 12-inch nonstick frying pan over medium-high heat. When hot, add salmon mixture. Cook, stirring often, until fish is just opaque but still moist-looking in center, about 6 minutes.
- ☐ Serve immediately. To eat, wrap salmon mixture in tortillas; add lettuce, tomatoes, and sour cream to taste.

Nutrition Facts



Properties

Glycemic Index:39.67, Glycemic Load:11.82, Inflammation Score:-10, Nutrition Score:44.812174154365%

Flavonoids

Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg Naringenin: 0.97mg, Naringenin: 0.97mg, Naringenin: 0.97mg, Naringenin: 0.97mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 13.08mg, Quercetin: 13.08mg, Quercetin: 13.08mg, Quercetin: 13.08mg

Nutrients (% of daily need)

Calories: 526.59kcal (26.33%), Fat: 17.39g (26.75%), Saturated Fat: 3.7g (23.11%), Carbohydrates: 45.87g (15.29%), Net Carbohydrates: 40.4g (14.69%), Sugar: 8.71g (9.68%), Cholesterol: 106.11mg (35.37%), Sodium: 625.54mg (27.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 45.51g (91.03%), Selenium: 84.14µg (120.19%), Vitamin B12: 6.08µg (101.37%), Vitamin B3: 18.5mg (92.48%), Vitamin B6: 1.79mg (89.69%), Vitamin A: 4451.27IU (89.03%), Phosphorus: 586.38mg (58.64%), Vitamin B2: 0.99mg (58.44%), Vitamin B1: 0.84mg (56.31%), Vitamin K: 52.7µg (50.19%), Folate: 188.57µg (47.14%), Potassium: 1528.04mg (43.66%), Vitamin B5: 3.49mg (34.93%), Vitamin C: 27.99mg (33.93%), Copper: 0.66mg (33.08%), Manganese: 0.63mg (31.26%), Iron: 4.98mg (27.68%), Magnesium: 98.39mg (24.6%), Fiber: 5.47g (21.89%), Calcium: 185.29mg (18.53%), Zinc: 2.08mg (13.89%), Vitamin E: 0.8mg (5.31%)