



 **71%**
HEALTH SCORE

Maple-Glazed Salmon with Pineapple Salsa

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



80 min.

SERVINGS



4

CALORIES



294 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon ginger fresh minced
- 1 clove garlic mashed
- 2 pickled jalapeño pepper deseeded finely chopped
- 1 tablespoon maple syrup
- 0.5 cup pineapple chunks fresh canned
- 1 tablespoon pineapple juice
- 0.3 cup bell pepper red chopped
- 24 ounce salmon fillet

- 1 teaspoon salt
- 1 tablespoon sugar
- 1 tablespoon teriyaki sauce
- 1 medium size tomatoes ripe chopped

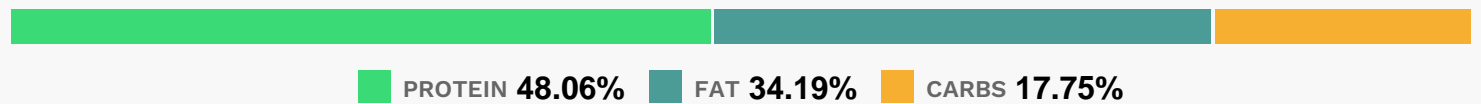
Equipment

- bowl
- sauce pan
- grill
- ziploc bags
- measuring cup

Directions

- Place salmon filets in a resealable plastic bag.
- Combine marinade ingredients in a non-reactive bowl or measuring cup.
- Pour marinade over filets and refrigerate from 1 to 24 hours.
- In a grill basket sprayed with cooking spray, grill the salmon, skin side down, over hot coals. Flip after 2 to 3 minutes and cook for another 1 to 3 minutes, or until desired doneness.
- Serve with pineapple salsa spooned on the side.
- Place all ingredients in a small, non-reactive saucepan. Simmer over low heat for about 5 minutes. Cool. Refrigerate until ready to serve with the salmon.

Nutrition Facts



Properties

Glycemic Index:89.56, Glycemic Load:5.55, Inflammation Score:-7, Nutrition Score:28.527391485546%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol:

0.03mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

Nutrients (% of daily need)

Calories: 294.4kcal (14.72%), Fat: 10.95g (16.84%), Saturated Fat: 1.69g (10.58%), Carbohydrates: 12.79g (4.26%), Net Carbohydrates: 11.71g (4.26%), Sugar: 10.53g (11.71%), Cholesterol: 93.55mg (31.18%), Sodium: 831.64mg (36.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.62g (69.24%), Vitamin B12: 5.41µg (90.15%), Selenium: 62.33µg (89.04%), Vitamin B6: 1.51mg (75.69%), Vitamin B3: 13.91mg (69.57%), Vitamin B2: 0.74mg (43.57%), Vitamin C: 34.93mg (42.34%), Phosphorus: 362.01mg (36.2%), Vitamin B5: 2.97mg (29.7%), Vitamin B1: 0.43mg (28.56%), Potassium: 997.36mg (28.5%), Copper: 0.48mg (24.1%), Manganese: 0.42mg (20.99%), Magnesium: 62.02mg (15.5%), Folate: 58.14µg (14.53%), Vitamin A: 703.44IU (14.07%), Iron: 1.68mg (9.32%), Zinc: 1.25mg (8.36%), Fiber: 1.09g (4.35%), Vitamin K: 4.35µg (4.14%), Vitamin E: 0.57mg (3.8%), Calcium: 36.55mg (3.65%)