



HEALTH SCORE

89%

Marinated Grilled Salmon with Avocado and Stone Fruit Salsa



Gluten Free



Dairy Free



Very Healthy

READY IN



60 min.

SERVINGS



2

CALORIES



1021 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 avocados pitted ripe peeled cut into 1/4-inch dice
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 2 cups stone fruit such as peaches diced finely
- ☐ 1 jalapeño chile fresh seeded finely chopped
- ☐ 2 tablespoons juice of lime fresh to taste
- ☐ 2 tablespoons olive oil
- ☐ 2 tablespoons orange juice fresh

- ☐ 0.3 cup onion red finely chopped
- ☐ 1 pound salmon fillet fresh
- ☐ 0.8 cup kikkoman teriyaki takumi

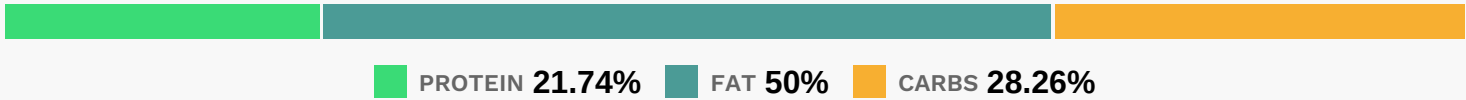
Equipment

- ☐ grill

Directions

- ☐ For salsa, gently toss together all ingredients with salt and pepper to taste.
- ☐ Trim salmon into 4-ounce pieces. Marinate in Kikkoman Teriyaki Takumi Garlic and Green Onion Sauce for about 45 minutes.
- ☐ Preheat your grill for about 10 to 15 minutes.
- ☐ Pat salmon dry, oil grill with olive oil, and grill about 5–7 minutes on each side until cooked through.
- ☐ Top with Avocado and Stone Fruit Salsa.

Nutrition Facts



Properties

Glycemic Index:91.5, Glycemic Load:2.87, Inflammation Score:-9, Nutrition Score:55.450434601825%

Flavonoids

Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg Epicatechin: 0.74mg, Epicatechin: 0.74mg, Epicatechin: 0.74mg, Epicatechin: 0.74mg Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg Eriodictyol: 0.36mg, Eriodictyol: 0.36mg, Eriodictyol: 0.36mg, Eriodictyol: 0.36mg Hesperetin: 3.38mg, Hesperetin: 3.38mg, Hesperetin: 3.38mg, Hesperetin: 3.38mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.59mg, Quercetin: 5.59mg, Quercetin: 5.59mg, Quercetin: 5.59mg

Nutrients (% of daily need)

Calories: 1020.51kcal (51.03%), Fat: 58.29g (89.67%), Saturated Fat: 8.48g (53.01%), Carbohydrates: 74.14g (24.71%), Net Carbohydrates: 56.09g (20.4%), Sugar: 46.05g (51.17%), Cholesterol: 124.74mg (41.58%), Sodium: 4264.79mg (185.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 57.02g (114.04%), Vitamin B6: 2.59mg (129.32%), Selenium: 84.95µg (121.36%), Vitamin B12: 7.21µg (120.2%), Vitamin B3: 23.85mg (119.24%), Phosphorus: 766.44mg (76.64%), Potassium: 2648.75mg (75.68%), Vitamin B2: 1.28mg (75.09%), Fiber: 18.05g (72.21%), Vitamin B5: 6.99mg (69.88%), Vitamin K: 69.22µg (65.93%), Copper: 1.26mg (63.08%), Folate: 246.42µg (61.6%), Vitamin C: 48.64mg (58.95%), Magnesium: 208.43mg (52.11%), Vitamin B1: 0.74mg (49.36%), Vitamin E: 6.52mg (43.47%), Iron: 5.71mg (31.73%), Vitamin A: 1352.24IU (27.04%), Manganese: 0.43mg (21.59%), Zinc: 3.13mg (20.89%), Calcium: 101.08mg (10.11%)