

food  
network



HEALTH SCORE

100%

## Marinated Salmon with Sweet Potatoes and Red Pepper Salsa



Gluten Free



Dairy Free



Very Healthy

READY IN



102 min.

SERVINGS



4

CALORIES



847 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients



1 small bunch mint leaves fresh chopped



2 thumb-sized piece of ginger finely grated peeled



2 chillies green deseeded finely chopped



0.5 juice of lemon juiced



1 lemon zest



1 dash mirin



1 bell pepper red deseeded finely chopped

- ☐ 1.1 kilograms salmon fillet with the skin left on
- ☐ 4 servings sea salt
- ☐ 1 bottle soya sauce
- ☐ 9 sweet potatoes scrubbed

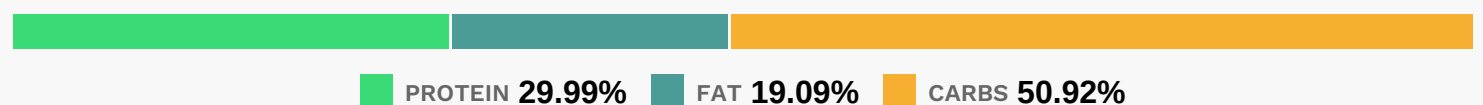
## Equipment

- ☐ frying pan
- ☐ oven

## Directions

- ☐ To make the marinade you need to mix together the ginger, lemon and lime zest, soy sauce, and mirin.
- ☐ Pour this into a large plastic sandwich bag, place the salmon fillet into the bag, scrunch it all together and then tie a knot in the top.
- ☐ Place in the refrigerator to chill for 1 1/2 hours
- ☐ Preheat the oven to at 375 degrees F (190 degrees C /Gas
- ☐ Place the sweet potatoes on a roasting tray and sprinkle with salt.
- ☐ Bake in the oven for about 1 hour.
- ☐ Now make your pepper salsa by mixing your red peppers and chillies with the lemon and lime juice, olive oil, and mint.
- ☐ After a couple of hours remove the salmon from the marinade. Get a griddle pan hot then place the salmon skin side down on it for a couple of minutes. Then finish off in the oven OR bake for 10 minutes in the griddle.
- ☐ Serve the salmon with the salsa and the baked potatoes.
- ☐ Twice as much olive oil to the juices .

## Nutrition Facts



## Properties

Glycemic Index:30, Glycemic Load:50.95, Inflammation Score:-10, Nutrition Score:59.678695139678%

Flavonoids

Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg Hesperetin: 0.64mg, Hesperetin: 0.64mg, Hesperetin: 0.64mg, Hesperetin: 0.64mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 847.17kcal (42.36%), Fat: 17.83g (27.43%), Saturated Fat: 2.82g (17.62%), Carbohydrates: 106.99g (35.66%), Net Carbohydrates: 90.05g (32.74%), Sugar: 23.53g (26.15%), Cholesterol: 151.25mg (50.42%), Sodium: 687.35mg (29.88%), Alcohol: 0.03g (100%), Alcohol %: 0% (100%), Protein: 63g (126%), Vitamin A: 73225.83IU (1464.52%), Vitamin B6: 3.41mg (170.53%), Selenium: 103.5µg (147.85%), Vitamin B12: 8.74µg (145.75%), Vitamin B3: 24.8mg (124.01%), Potassium: 3150.97mg (90.03%), Vitamin B5: 8.76mg (87.59%), Vitamin B2: 1.39mg (81.56%), Phosphorus: 799.46mg (79.95%), Copper: 1.47mg (73.7%), Manganese: 1.41mg (70.56%), Vitamin B1: 1.04mg (69.19%), Vitamin C: 56.86mg (68.93%), Fiber: 16.94g (67.78%), Magnesium: 213.3mg (53.33%), Folate: 140.88µg (35.22%), Iron: 5.52mg (30.69%), Zinc: 3.39mg (22.6%), Calcium: 193.03mg (19.3%), Vitamin E: 1.81mg (12.07%), Vitamin K: 10.61µg (10.11%)