



WHATSheATE



HEALTH SCORE

93%

Moroccan Roasted Salmon with Mango Salsa



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



288 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons mint leaves fresh chopped
- ☐ 1.5 teaspoons commercial harissa
- ☐ 1.5 cups mangos peeled chopped (1 large)
- ☐ 2 tablespoons orange juice
- ☐ 2 tablespoons onion red finely chopped
- ☐ 1.5 pounds salmon fillet
- ☐ 0.3 teaspoon salt

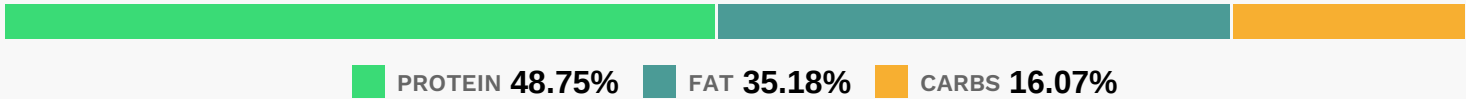
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 45
- ☐ Combine first 4 ingredients in a bowl; cover and chill.
- ☐ Spread harissa over both sides of salmon; sprinkle with salt.
- ☐ Place salmon on a baking sheet coated with cooking spray.
- ☐ Bake at 450 for 20 minutes or until the fish flakes easily when tested with a fork.
- ☐ Serve with mango salsa.

Nutrition Facts



Properties

Glycemic Index:32.69, Glycemic Load:4.84, Inflammation Score:-7, Nutrition Score:27.509565394858%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 1.06mg, Catechin: 1.06mg, Catechin: 1.06mg, Catechin: 1.06mg Eriodictyol: 0.79mg, Eriodictyol: 0.79mg, Eriodictyol: 0.79mg, Eriodictyol: 0.79mg Hesperetin: 1.27mg, Hesperetin: 1.27mg, Hesperetin: 1.27mg, Hesperetin: 1.27mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg

Nutrients (% of daily need)

Calories: 287.96kcal (14.4%), Fat: 11.07g (17.03%), Saturated Fat: 1.74g (10.85%), Carbohydrates: 11.38g (3.79%), Net Carbohydrates: 10.04g (3.65%), Sugar: 9.65g (10.72%), Cholesterol: 93.55mg (31.18%), Sodium: 246.99mg (10.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.51g (69.02%), Vitamin B12: 5.41µg (90.15%), Selenium: 62.51µg (89.3%), Vitamin B6: 1.48mg (74.03%), Vitamin B3: 13.9mg (69.48%), Vitamin B2: 0.68mg (40.1%),

Phosphorus: 354.55mg (35.46%), Vitamin C: 28.24mg (34.23%), Vitamin B5: 2.98mg (29.83%), Potassium: 982.92mg (28.08%), Vitamin B1: 0.42mg (27.7%), Copper: 0.51mg (25.52%), Folate: 75.65µg (18.91%), Vitamin A: 873.58IU (17.47%), Magnesium: 59.18mg (14.79%), Iron: 1.63mg (9.06%), Zinc: 1.19mg (7.92%), Fiber: 1.34g (5.35%), Manganese: 0.1mg (5.18%), Vitamin E: 0.6mg (3.98%), Calcium: 35.84mg (3.58%), Vitamin K: 2.72µg (2.6%)