



Pan-Grilled Salmon with Pineapple Salsa



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



265 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons cilantro leaves chopped
- ☐ 0.1 teaspoon ground pepper red
- ☐ 1 cup pineapple fresh chopped
- ☐ 2 tablespoons onion red finely chopped
- ☐ 1 tablespoon rice vinegar
- ☐ 24 ounce salmon fillet (1/)
- ☐ 0.5 teaspoon salt

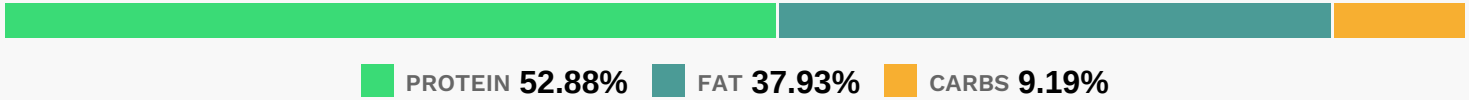
Equipment

- ☐ bowl
- ☐ grill pan

Directions

- ☐ Combine first 5 ingredients (through pepper) in a bowl; set aside.
- ☐ Heat a nonstick grill pan coated with cooking spray over medium-high heat.
- ☐ Sprinkle fish with salt. Cook fish 4 minutes on each side or until it flakes easily when tested with a fork. Top with salsa.

Nutrition Facts



Properties

Glycemic Index:49.92, Glycemic Load:2.94, Inflammation Score:-5, Nutrition Score:25.926956400923%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg

Nutrients (% of daily need)

Calories: 265.13kcal (13.26%), Fat: 10.85g (16.69%), Saturated Fat: 1.68g (10.48%), Carbohydrates: 5.92g (1.97%), Net Carbohydrates: 5.23g (1.9%), Sugar: 4.28g (4.76%), Cholesterol: 93.55mg (31.18%), Sodium: 366.33mg (15.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.04g (68.07%), Vitamin B12: 5.41µg (90.15%), Selenium: 62.18µg (88.83%), Vitamin B6: 1.45mg (72.27%), Vitamin B3: 13.59mg (67.95%), Vitamin B2: 0.66mg (38.93%), Phosphorus: 345.38mg (34.54%), Vitamin B5: 2.93mg (29.26%), Vitamin B1: 0.42mg (27.98%), Potassium: 888.18mg (25.38%), Vitamin C: 20.19mg (24.47%), Copper: 0.47mg (23.69%), Manganese: 0.42mg (21.06%), Magnesium: 54.97mg (13.74%), Folate: 51.09µg (12.77%), Iron: 1.5mg (8.35%), Zinc: 1.15mg (7.67%), Calcium: 27.57mg (2.76%), Fiber: 0.69g (2.74%), Vitamin A: 131.57IU (2.63%)