



 **100%**
HEALTH SCORE

Pan-Grilled Salmon with Red Pepper Salsa



Gluten Free



Dairy Free



Very Healthy

READY IN



16 min.

SERVINGS



4

CALORIES



261 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup prechopped bell pepper red
- ☐ 2 teaspoons chili powder
- ☐ 1 tablespoon cilantro leaves fresh chopped
- ☐ 0.3 teaspoon ground chipotle chile powder
- ☐ 0.5 teaspoon ground coriander
- ☐ 1 teaspoon ground cumin
- ☐ 1.5 teaspoons juice of lime fresh
- ☐ 2 tablespoons prechopped onion red

- ☐ 24 ounce salmon fillet skinless
- ☐ 0.1 teaspoon salt
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup tomatoes chopped

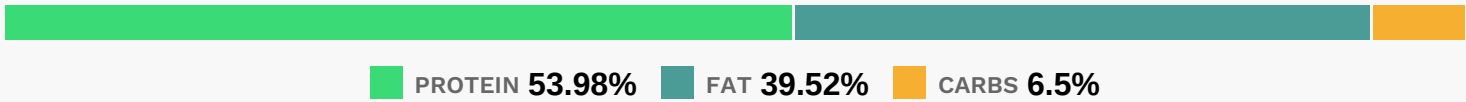
Equipment

- ☐ frying pan
- ☐ grill pan

Directions

- ☐ To prepare salmon, heat a grill pan over medium-high heat.
- ☐ Combine first 5 ingredients; rub evenly over fillets. Coat pan with cooking spray.
- ☐ Add fillets to pan; cook 4 minutes on each side or until desired degree of doneness.
- ☐ While fish cooks, prepare salsa.
- ☐ Combine bell pepper and remaining ingredients.
- ☐ Serve salsa with fillets.

Nutrition Facts



Properties

Glycemic Index:33.5, Glycemic Load:0.68, Inflammation Score:-9, Nutrition Score:29.729130371757%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg

Nutrients (% of daily need)

Calories: 261.18kcal (13.06%), Fat: 11.24g (17.29%), Saturated Fat: 1.73g (10.83%), Carbohydrates: 4.15g (1.38%), Net Carbohydrates: 2.62g (0.95%), Sugar: 2.15g (2.38%), Cholesterol: 93.55mg (31.18%), Sodium: 459.82mg (19.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.53g (69.07%), Vitamin B12: 5.41µg (90.15%), Selenium: 62.47µg (89.25%), Vitamin B6: 1.54mg (76.99%), Vitamin B3: 13.96mg (69.79%), Vitamin C: 50.01mg (60.62%), Vitamin B2: 0.69mg (40.85%), Phosphorus: 360.77mg (36.08%), Vitamin A: 1659.61IU (33.19%), Vitamin B5: 2.98mg (29.76%), Potassium: 978.28mg (27.95%), Vitamin B1: 0.42mg (27.82%), Copper: 0.46mg (22.9%), Folate: 62.62µg (15.66%), Magnesium: 59.84mg (14.96%), Iron: 2.13mg (11.84%), Zinc: 1.29mg (8.62%), Vitamin E: 1.09mg (7.28%), Manganese: 0.13mg (6.41%), Fiber: 1.54g (6.15%), Vitamin K: 4.12µg (3.92%), Calcium: 35.79mg (3.58%)