



HEALTH SCORE

100%

Pan-Seared Salmon with Pineapple-Jalapeno Relish



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



300 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 1 teaspoon chili powder
- ☐ 1 jalapeno seeded finely chopped
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 2 cups pineapple chopped
- ☐ 0.3 cup bell pepper red finely chopped
- ☐ 0.3 cup onion red finely chopped

- ☐ 24 ounce salmon fillet
- ☐ 0.5 teaspoon salt divided
- ☐ 2 teaspoons sugar

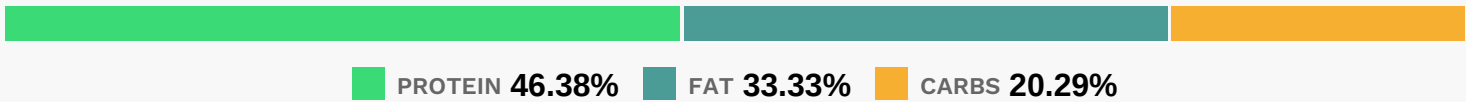
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine first 6 ingredients in a medium bowl; stir in 1/4 teaspoon salt.
- ☐ Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Combine remaining 1/4 teaspoon salt, chili powder, and black pepper, stirring well; sprinkle evenly over fish.
- ☐ Add fish to pan, skin side up; cook 4 minutes on each side or until fish flakes easily when tested with a fork or until desired degree of doneness.
- ☐ Serve with pineapple mixture.

Nutrition Facts



Properties

Glycemic Index:62.94, Glycemic Load:7.44, Inflammation Score:-7, Nutrition Score:30.874782790308%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.36mg, Quercetin: 2.36mg, Quercetin: 2.36mg, Quercetin: 2.36mg

Nutrients (% of daily need)

Calories: 300.47kcal (15.02%), Fat: 11.02g (16.96%), Saturated Fat: 1.7g (10.65%), Carbohydrates: 15.11g (5.04%), Net Carbohydrates: 13.27g (4.83%), Sugar: 11.21g (12.46%), Cholesterol: 93.55mg (31.18%), Sodium: 375.51mg (16.33%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.52g (69.04%), Vitamin B12: 5.41µg (90.15%), Selenium: 62.37µg (89.09%), Vitamin B6: 1.55mg (77.51%), Vitamin B3: 13.99mg (69.96%), Vitamin C: 57.7mg (69.94%), Manganese: 0.84mg (42.22%), Vitamin B2: 0.69mg (40.69%), Phosphorus: 355.02mg (35.5%), Vitamin B1: 0.46mg (30.86%), Vitamin B5: 3.07mg (30.7%), Potassium: 981.7mg (28.05%), Copper: 0.53mg (26.54%), Folate: 65.41µg (16.35%), Magnesium: 63.06mg (15.77%), Vitamin A: 594.55IU (11.89%), Iron: 1.77mg (9.86%), Zinc: 1.26mg (8.39%), Fiber: 1.84g (7.34%), Calcium: 37.14mg (3.71%), Vitamin E: 0.49mg (3.26%), Vitamin K: 2.45µg (2.34%)