



Peppered Salmon Fillet with Minted Tomato Salsa



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



279 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



2 teaspoons dijon mustard



1 tablespoon basil fresh chopped



2 tablespoons mint leaves fresh chopped



1 teaspoon coarsely ground pepper



1 tablespoon jalapeno seeded finely chopped



1 tablespoon juice of lemon



0.3 cup onion red finely chopped

- ☐ 24 ounce salmon fillet thick ()
- ☐ 4 cups tomatoes chopped

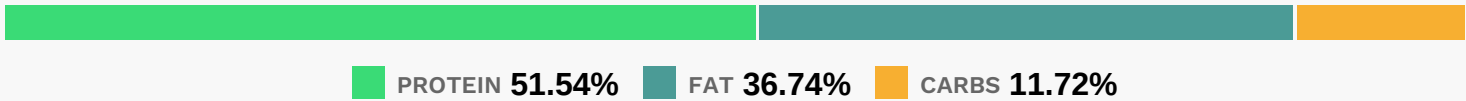
Equipment

- ☐ bowl
- ☐ broiler pan

Directions

- ☐ Combine first 6 ingredients in a bowl.
- ☐ Place salmon on a broiler pan coated with cooking spray; spread each fillet with 1/2 teaspoon mustard.
- ☐ Sprinkle with pepper. Broil 10 minutes or until desired degree of doneness.
- ☐ Let stand 2 minutes.
- ☐ Serve with minted tomato salsa.
- ☐ Garnish with fresh mint, if desired.
- ☐ Note: Salsa can be made ahead and refrigerated for up to one week.

Nutrition Facts



Properties

Glycemic Index:57.75, Glycemic Load:1.85, Inflammation Score:-8, Nutrition Score:30.608260693757%

Flavonoids

Eriodictyol: 0.96mg, Eriodictyol: 0.96mg, Eriodictyol: 0.96mg, Eriodictyol: 0.96mg Hesperetin: 0.8mg, Hesperetin: 0.8mg, Hesperetin: 0.8mg, Hesperetin: 0.8mg Naringenin: 1.06mg, Naringenin: 1.06mg, Naringenin: 1.06mg, Naringenin: 1.06mg Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 3.1mg, Quercetin: 3.1mg, Quercetin: 3.1mg, Quercetin: 3.1mg

Nutrients (% of daily need)

Calories: 278.92kcal (13.95%), Fat: 11.24g (17.3%), Saturated Fat: 1.74g (10.87%), Carbohydrates: 8.07g (2.69%), Net Carbohydrates: 5.55g (2.02%), Sugar: 4.63g (5.15%), Cholesterol: 93.55mg (31.18%), Sodium: 111.24mg (4.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.48g (70.97%), Vitamin B12: 5.41µg (90.15%), Selenium: 63.03µg (90.04%), Vitamin B6: 1.55mg (77.36%), Vitamin B3: 14.38mg (71.92%), Vitamin B2: 0.69mg (40.6%), Phosphorus: 385.72mg (38.57%), Potassium: 1240.46mg (35.44%), Vitamin C: 27.95mg (33.87%), Vitamin B1: 0.45mg (30.27%), Vitamin B5: 3.02mg (30.16%), Vitamin A: 1487.14IU (29.74%), Copper: 0.54mg (26.9%), Folate: 71.99µg (18%), Magnesium: 71.88mg (17.97%), Manganese: 0.32mg (16.17%), Vitamin K: 15.44µg (14.7%), Iron: 2.03mg (11.26%), Fiber: 2.52g (10.07%), Zinc: 1.42mg (9.47%), Vitamin E: 0.96mg (6.43%), Calcium: 49.04mg (4.9%)