



## Roast Salmon with Lime Salsa

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



321 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 tablespoons canola oil
- 2 tablespoons cilantro leaves chopped
- 1 small jalapeño--halved seeded very thinly sliced
- 2 large limes
- 4 servings pepper freshly ground
- 0.3 cup onion red very thinly sliced
- 24 ounce center-cut salmon fillets skinless
- 4 servings sea salt

1 pinch sugar

## Equipment

bowl

frying pan

oven

knife

## Directions

Preheat the oven to 42

Using a sharp knife, carefully peel the limes; be sure to remove all of the bitter white pith. Working over a bowl, cut in between the membranes to release the lime sections into the bowl.

Cut each section crosswise into quarters. Return the limes to the bowl and stir in the onion, cilantro and jalapeo.

Add 1 tablespoon of the oil, the sugar and a pinch of salt and toss well.

Heat the remaining 1 tablespoon of oil in an ovenproof skillet until shimmering. Season the fillets on both sides with salt and pepper and add to the skillet, skinned side up. Cook over moderately high heat until golden brown on the bottom, about 2 minutes.

Transfer the skillet to the oven and roast the salmon for 5 minutes, or until just cooked through.

Transfer to 4 dinner plates, spoon the salsa on top and serve.

Wine Recommendation: Salmon generally pairs well with red; here the tangy lime and sweet red onion salsa tune the choice to a bright fruity Burgundy or Pinot Noir. Two excellent choices are the 1998 Louis Jadot Chorey-ls-Beaune from France and the 1998 Coldstream Hills Yarra Valley Pinot Noir from Australia.

## Nutrition Facts

**PROTEIN 42.87%** **FAT 50.47%** **CARBS 6.66%**

## Properties

Glycemic Index:56.27, Glycemic Load:1.33, Inflammation Score:-5, Nutrition Score:25.565652328989%

## Flavonoids

Hesperetin: 14.4mg, Hesperetin: 14.4mg, Hesperetin: 14.4mg, Hesperetin: 14.4mg Naringenin: 1.14mg, Naringenin: 1.14mg, Naringenin: 1.14mg, Naringenin: 1.14mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 3.12mg, Quercetin: 3.12mg, Quercetin: 3.12mg, Quercetin: 3.12mg

## Nutrients (% of daily need)

Calories: 321.08kcal (16.05%), Fat: 17.88g (27.51%), Saturated Fat: 2.2g (13.76%), Carbohydrates: 5.31g (1.77%), Net Carbohydrates: 4.02g (1.46%), Sugar: 1.53g (1.7%), Cholesterol: 93.55mg (31.18%), Sodium: 270.06mg (11.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.17g (68.35%), Vitamin B12: 5.41µg (90.15%), Selenium: 62.31µg (89.01%), Vitamin B6: 1.44mg (71.85%), Vitamin B3: 13.5mg (67.5%), Vitamin B2: 0.66mg (38.8%), Phosphorus: 351.25mg (35.13%), Vitamin B5: 2.93mg (29.33%), Vitamin B1: 0.4mg (26.82%), Potassium: 898.21mg (25.66%), Copper: 0.46mg (22.79%), Vitamin C: 14.94mg (18.11%), Magnesium: 53.42mg (13.36%), Folate: 48.82µg (12.21%), Vitamin E: 1.43mg (9.55%), Iron: 1.61mg (8.96%), Zinc: 1.16mg (7.71%), Vitamin K: 6.68µg (6.36%), Fiber: 1.29g (5.17%), Calcium: 35.65mg (3.57%), Manganese: 0.06mg (3.23%), Vitamin A: 136.83IU (2.74%)