



Roasted Salmon with Pineapple Salsa



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



323 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons cilantro leaves fresh chopped
- ☐ 1 tablespoon mint leaves fresh chopped
- ☐ 1 tablespoon ground cumin
- ☐ 0.5 jalapeño minced seeded
- ☐ 1 juice of lime
- ☐ 1 tablespoon olive oil
- ☐ 2 cups pineapple fresh diced cored peeled
- ☐ 4 fillet salmon

☐

4 servings salt and pepper

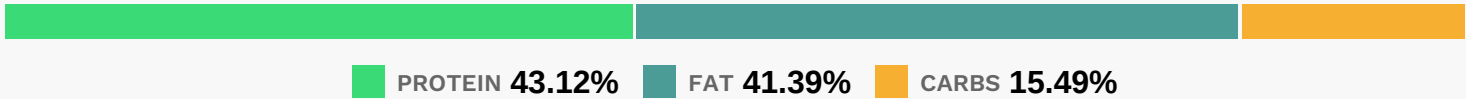
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Preheat the oven to 450°F.
- ☐ Put the salmon fillets, skin side down, on a foil-lined baking sheet.
- ☐ Drizzle olive oil and season with cumin, salt and pepper.Roast until the fillets are almost opaque throughout, about 20 minutes.eanwhile make the salsa: In a bowl, stir together the pineapple, lime juice, mint, cilantro and jalapeño. Cover the salsa and refrigerate until ready to serve.

Nutrition Facts



Properties

Glycemic Index:31.92, Glycemic Load:5.71, Inflammation Score:-6, Nutrition Score:30.046956290369%

Flavonoids

Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 0.8mg, Hesperetin: 0.8mg, Hesperetin: 0.8mg, Hesperetin: 0.8mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Nutrients (% of daily need)

Calories: 322.54kcal (16.13%), Fat: 14.74g (22.67%), Saturated Fat: 2.19g (13.67%), Carbohydrates: 12.41g (4.14%), Net Carbohydrates: 10.91g (3.97%), Sugar: 8.36g (9.29%), Cholesterol: 93.5mg (31.17%), Sodium: 272.73mg (11.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.54g (69.08%), Vitamin B12: 5.41µg (90.1%), Selenium: 62.23µg (88.9%), Vitamin B6: 1.5mg (75.09%), Vitamin B3: 13.9mg (69.5%), Vitamin C: 44.35mg (53.76%),

Manganese: 0.86mg (43.07%), Vitamin B2: 0.68mg (40.2%), Phosphorus: 356.65mg (35.66%), Vitamin B1: 0.46mg (30.84%), Vitamin B5: 3.03mg (30.25%), Potassium: 971.61mg (27.76%), Copper: 0.54mg (26.83%), Magnesium: 66.64mg (16.66%), Folate: 60.33µg (15.08%), Iron: 2.7mg (14.98%), Zinc: 1.28mg (8.56%), Fiber: 1.5g (6%), Calcium: 49.74mg (4.97%), Vitamin A: 230.86IU (4.62%), Vitamin E: 0.66mg (4.38%), Vitamin K: 4.06µg (3.87%)