



Salmon Burritos with Chile-Roasted Vegetables

READY IN



45 min.

SERVINGS



6

CALORIES



258 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 servings cilantro leaves shredded sour low-fat chopped
- ☐ 6 flour tortillas whole-wheat warmed (10 in. wide)
- ☐ 4 cloves garlic minced peeled
- ☐ 2 teaspoons juice of lime
- ☐ 2 tablespoons olive oil
- ☐ 1 poblano chile fresh stemmed seeded chopped
- ☐ 1.5 teaspoons ground chiles dried
- ☐ 1 onion red peeled halved lengthwise cut into 1/4-inch-thick wedges

- ☐ 1 pound boned salmon fillet thick (1 in.)
- ☐ 1.5 teaspoons salt
- ☐ 1 large jewel sweet potato peeled sliced quartered
- ☐ 1 zucchini halved lengthwise sliced

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 42
- ☐ Line two 12- by 15-inch baking pans with aluminum foil.
- ☐ Whisk together the olive oil, lime juice, garlic, ground dried chiles, and salt.
- ☐ Rinse salmon and pat dry.
- ☐ Brush flesh side of salmon with 2 tablespoons of the lime-chile marinade. Set aside.
- ☐ In a medium bowl, toss the sweet potato, zucchini, onion, and chile with the remaining marinade. Arrange vegetables in a single layer on the baking pans.
- ☐ Roast vegetables for 10 minutes, then add salmon, skin side down, to one pan and return to oven. Continue roasting until potatoes are tender when pierced and salmon is opaque but still moist-looking in center of thickest part, 7 to 10 minutes.
- ☐ Remove skin from salmon and slice fillet into six equal portions.
- ☐ Spoon vegetable mixture equally onto warm tortillas. Top each with a piece of salmon and a little cilantro, cabbage, and sour cream. Fold tortilla over the filling.
- ☐ Serve with more sour cream and the lime wedges.

Nutrition Facts



 **PROTEIN 27.66%**  **FAT 42.76%**  **CARBS 29.58%**

Properties

Glycemic Index:23.33, Glycemic Load:6.35, Inflammation Score:-10, Nutrition Score:22.086521762869%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.95mg, Luteolin: 0.95mg, Luteolin: 0.95mg, Luteolin: 0.95mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 4.42mg, Quercetin: 4.42mg, Quercetin: 4.42mg, Quercetin: 4.42mg

Nutrients (% of daily need)

Calories: 257.62kcal (12.88%), Fat: 12.3g (18.92%), Saturated Fat: 3.04g (19.02%), Carbohydrates: 19.14g (6.38%), Net Carbohydrates: 15.95g (5.8%), Sugar: 5.05g (5.61%), Cholesterol: 49.98mg (16.66%), Sodium: 671.27mg (29.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.89g (35.79%), Vitamin A: 8614.84IU (172.3%), Vitamin B6: 0.9mg (45.04%), Selenium: 29.78µg (42.55%), Vitamin B12: 2.5µg (41.75%), Vitamin B3: 6.71mg (33.56%), Vitamin C: 26.24mg (31.8%), Vitamin B2: 0.41mg (24.16%), Potassium: 795.82mg (22.74%), Phosphorus: 225.39mg (22.54%), Vitamin B5: 1.85mg (18.52%), Vitamin B1: 0.27mg (17.97%), Manganese: 0.35mg (17.5%), Copper: 0.33mg (16.49%), Magnesium: 51.29mg (12.82%), Fiber: 3.18g (12.74%), Folate: 42.37µg (10.59%), Vitamin K: 8.29µg (7.9%), Calcium: 76.49mg (7.65%), Iron: 1.37mg (7.62%), Vitamin E: 1.06mg (7.06%), Zinc: 1mg (6.67%)