



HEALTH SCORE

88%

Salmón con Plátano Verde (Salmon with Green Plantain Crust)



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



381 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 1 tablespoon ground cumin
- ☐ 1 juice of lime
- ☐ 2 tablespoons olive oil
- ☐ 1 plantains green grated peeled
- ☐ 4 fillet salmon skinless

☐ 4 servings salt and pepper freshly ground to taste

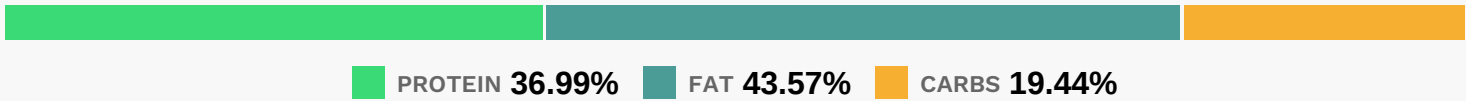
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat the oven to 425 degrees.In a small bowl, stir together the cumin, cilantro, garlic, olive oil and lime juice. Coat one side of the salmon fillets with the cumin mixture, then sprinkle evenly with the grated green plantain, gently pressing to adhere.Arrange the fillets, crusted side up, in a baking pan
- ☐ Bake until the fillets are barely opaque and the topping is golden brown, about 12 to 15 minutes. Season with salt and pepper and serve immediately.

Nutrition Facts



Properties

Glycemic Index:16.75, Glycemic Load:0.17, Inflammation Score:-5, Nutrition Score:26.734347841014%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 381.08kcal (19.05%), Fat: 18.16g (27.93%), Saturated Fat: 2.71g (16.96%), Carbohydrates: 18.22g (6.07%), Net Carbohydrates: 17.01g (6.19%), Sugar: 1.2g (1.34%), Cholesterol: 93.5mg (31.17%), Sodium: 272.64mg (11.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.69g (69.37%), Vitamin B12: 5.41µg (90.1%), Selenium: 62.35µg (89.07%), Vitamin B6: 1.45mg (72.51%), Vitamin B3: 13.7mg (68.5%), Vitamin B2: 0.7mg (41.1%), Phosphorus: 364.8mg (36.48%), Vitamin B5: 3.09mg (30.85%), Potassium: 1068.63mg (30.53%), Vitamin B1: 0.44mg (29.56%), Copper: 0.5mg (24.85%), Magnesium: 74.17mg (18.54%), Iron: 2.77mg (15.38%), Vitamin C: 11.93mg (14.46%), Folate:

56.1µg (14.02%), Zinc: 1.27mg (8.44%), Manganese: 0.15mg (7.69%), Vitamin E: 1.08mg (7.2%), Fiber: 1.21g (4.84%),
Vitamin K: 4.99µg (4.75%), Calcium: 39.35mg (3.93%), Vitamin A: 104.43IU (2.09%)