



HEALTH SCORE

92%

## Salmon con Salsa de Mandarina y aguacate (Salmon with Tangerine and Avocado Salsa)



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



2

CALORIES



582 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 1 avocado diced peeled
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 0.3 teaspoon ground cumin
- ☐ 2 tablespoons honey
- ☐ 1 juice of lime
- ☐ 1 tablespoon olive oil
- ☐ 1 tablespoon onion red finely chopped

- ☐ 2 fillet salmon
- ☐ 2 servings salt and pepper
- ☐ 1 juice and zest of 1 tangerine
- ☐ 2 tangerines

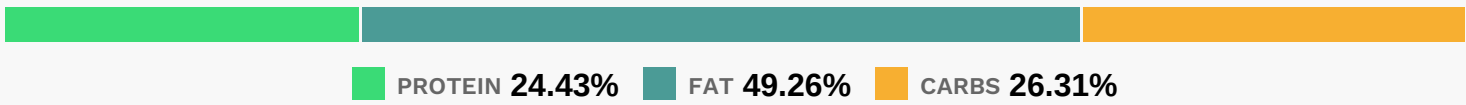
## Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ ziploc bags

## Directions

- ☐ To make the marinade: mix together the tangerine juice, zest, salt pepper, honey and olive oil.
- ☐ Pour this into a large zip lock plastic bag, put the salmon fillets into the bag and place in the refrigerator to chill for 1 hour.Preheat oven to 400 degrees F.Line a small baking sheet with parchment paper. Arrange the salmon on the baking sheet.
- ☐ Bake until the salmon is cooked through, about 8 to 10 minutes. Set aside to cool for 10 minutes.For the salsa: Peel and trim the ends from each tangerine. Using a paring knife, cut along the membrane on both sides of each segment.Free the segments and add them to a small bowl.
- ☐ Add the avocado, red onion, olive oil, cilantro, lime juice, ground cumin, salt and red pepper.
- ☐ Mix and set aside.Spoon the salsa on top of the salmon or serve on the side as an accompaniment.

## Nutrition Facts



## Properties

Glycemic Index:99.14, Glycemic Load:14.12, Inflammation Score:-8, Nutrition Score:36.880869471509%

## Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 8.42mg, Hesperetin: 8.42mg, Hesperetin: 8.42mg, Hesperetin: 8.42mg Naringenin: 8.88mg, Naringenin: 8.88mg, Naringenin: 8.88mg, Naringenin: 8.88mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 2.15mg, Quercetin: 2.15mg, Quercetin: 2.15mg, Quercetin: 2.15mg

## Nutrients (% of daily need)

Calories: 581.92kcal (29.1%), Fat: 32.91g (50.63%), Saturated Fat: 4.82g (30.1%), Carbohydrates: 39.55g (13.18%), Net Carbohydrates: 30.96g (11.26%), Sugar: 27.77g (30.86%), Cholesterol: 93.5mg (31.17%), Sodium: 280.21mg (12.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.72g (73.44%), Vitamin B12: 5.41µg (90.1%), Selenium: 62.78µg (89.69%), Vitamin B6: 1.74mg (86.93%), Vitamin B3: 15.53mg (77.64%), Vitamin B2: 0.82mg (48.47%), Vitamin C: 39.23mg (47.55%), Vitamin B5: 4.47mg (44.66%), Potassium: 1518.17mg (43.38%), Phosphorus: 416.53mg (41.65%), Folate: 142.15µg (35.54%), Fiber: 8.59g (34.35%), Vitamin B1: 0.51mg (34.12%), Copper: 0.67mg (33.67%), Vitamin K: 31.64µg (30.14%), Magnesium: 92.61mg (23.15%), Vitamin E: 3.36mg (22.38%), Vitamin A: 961.01IU (19.22%), Iron: 2.4mg (13.33%), Zinc: 1.88mg (12.55%), Manganese: 0.25mg (12.39%), Calcium: 73.48mg (7.35%)