



Salmón con Salsa de Maracuyá (Salmon with Passion Fruit Sauce)

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



441 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon butter
- ☐ 2 tablespoons cilantro leaves plus more for garnish chopped
- ☐ 1 garlic clove minced
- ☐ 1 teaspoon ground cumin
- ☐ 4 servings salt and ground pepper
- ☐ 1 teaspoon juice of lime fresh
- ☐ 3 tablespoons olive oil

- ☐ 2 cups passion fruit puree
- ☐ 0.3 cup onion red finely chopped
- ☐ 20 oz salmon fillet
- ☐ 4 servings salt and pepper

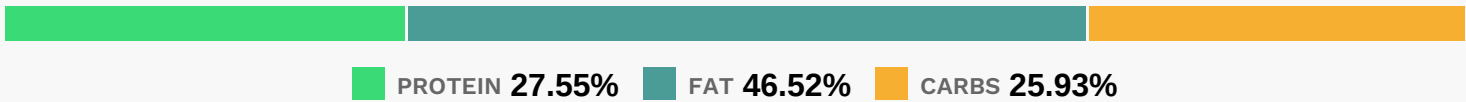
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ blender
- ☐ baking pan

Directions

- ☐ To cook the salmon:Preheat the oven to 400° F.
- ☐ Place the salmon fillets in a large baking dish.
- ☐ Drizzle olive oil and season each fillet with cumin, salt and pepper.
- ☐ Place the baking dish in the oven and bake for 15 to 20 minutes or until the salmon is cooked through. Spoon passion fruit sauce over the salmon fillets, sprinkle fresh cilantro and serve.
- ☐ Heat the butter in a medium saucepan over medium heat.
- ☐ Add onion and cook until soft, about 3 minutes.
- ☐ Add garlic and cook for 1 minute.
- ☐ Add passion fruit puree, stir well, and cook about 15 minutes.
- ☐ Transfer the mixture to a blender.
- ☐ Add the lime juice, cilantro, and honey and blend until smooth.

Nutrition Facts



Properties

Glycemic Index:51.5, Glycemic Load:4.9, Inflammation Score:-9, Nutrition Score:29.357391730599%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg 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: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.16mg, Quercetin: 2.16mg, Quercetin: 2.16mg, Quercetin: 2.16mg

Nutrients (% of daily need)

Calories: 441.26kcal (22.06%), Fat: 23.28g (35.82%), Saturated Fat: 4.72g (29.51%), Carbohydrates: 29.19g (9.73%), Net Carbohydrates: 16.65g (6.05%), Sugar: 13.68g (15.2%), Cholesterol: 85.49mg (28.5%), Sodium: 313.42mg (13.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.02g (62.03%), Selenium: 52.67µg (75.25%), Vitamin B12: 4.51µg (75.23%), Vitamin B6: 1.3mg (65.11%), Vitamin B3: 12.96mg (64.79%), Fiber: 12.55g (50.18%), Vitamin C: 36.84mg (44.66%), Vitamin B2: 0.7mg (41.12%), Phosphorus: 371.55mg (37.15%), Vitamin A: 1666.41IU (33.33%), Potassium: 1136.57mg (32.47%), Vitamin B5: 2.38mg (23.83%), Copper: 0.47mg (23.43%), Vitamin B1: 0.33mg (22.02%), Magnesium: 78.74mg (19.69%), Iron: 3.46mg (19.24%), Folate: 54.3µg (13.58%), Vitamin E: 1.64mg (10.97%), Vitamin K: 8.26µg (7.87%), Zinc: 1.08mg (7.21%), Calcium: 41.3mg (4.13%), Manganese: 0.08mg (3.96%)