



HEALTH SCORE

89%

Salmon Curry



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



390 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon brown sugar
- ☐ 0.5 teaspoon chili powder
- ☐ 2 teaspoons cider vinegar
- ☐ 3 cups rice cooked
- ☐ 2 garlic cloves thinly sliced
- ☐ 0.5 teaspoon ground cumin
- ☐ 2 teaspoons ground turmeric
- ☐ 1 teaspoon olive oil

- ☐ 1 cup onion thinly sliced (1 small onion)
- ☐ 1 pound salmon fillet skinless
- ☐ 0.8 teaspoon salt
- ☐ 6 cups tomatoes finely chopped

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ broiler pan

Directions

- ☐ Combine first 6 ingredients in a small bowl, stirring to form a paste.
- ☐ Remove 1/2 teaspoon spice mixture, and reserve remaining mixture. Rub both sides of salmon with 1/2 teaspoon spice mixture; cover and chill.
- ☐ Heat oil in a large saucepan over medium-high heat.
- ☐ Add onion; saut 5 minutes or until tender and just beginning to brown.
- ☐ Add garlic; saut 1 minute or until garlic begins to brown. Stir in reserved spice mixture and tomato. Reduce heat, and simmer for 15 minutes or until thickened, stirring frequently.
- ☐ Remove from heat; keep warm.
- ☐ Preheat oven to 45
- ☐ Place fish on a broiler pan coated with cooking spray.
- ☐ Bake at 450 for 10 minutes or until fish flakes easily when tested with a fork or until desired degree of doneness.
- ☐ Remove from oven; cool slightly. Break fish into chunks.
- ☐ Place 3/4 cup cooked basmati rice on each of 4 large plates. Top each serving with about 3/4 cup tomato mixture and 3 ounces salmon.
- ☐ Sprinkle with cilantro, if desired.

Nutrition Facts



 **PROTEIN 29.29%**  **FAT 21.41%**  **CARBS 49.3%**

Properties

Glycemic Index:63.5, Glycemic Load:39.15, Inflammation Score:-10, Nutrition Score:29.494347800379%

Flavonoids

Naringenin: 1.52mg, Naringenin: 1.52mg, Naringenin: 1.52mg, Naringenin: 1.52mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 9.44mg, Quercetin: 9.44mg, Quercetin: 9.44mg, Quercetin: 9.44mg

Nutrients (% of daily need)

Calories: 389.99kcal (19.5%), Fat: 9.21g (14.16%), Saturated Fat: 1.46g (9.15%), Carbohydrates: 47.71g (15.9%), Net Carbohydrates: 43.51g (15.82%), Sugar: 8.2g (9.11%), Cholesterol: 62.37mg (20.79%), Sodium: 505.32mg (21.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.35g (56.69%), Selenium: 50.81µg (72.58%), Vitamin B6: 1.31mg (65.39%), Vitamin B12: 3.61µg (60.1%), Vitamin B3: 10.86mg (54.32%), Manganese: 1.01mg (50.38%), Vitamin C: 34.33mg (41.61%), Vitamin A: 1985.35IU (39.71%), Potassium: 1228.42mg (35.1%), Phosphorus: 350.18mg (35.02%), Vitamin B2: 0.51mg (29.81%), Copper: 0.53mg (26.43%), Vitamin B5: 2.61mg (26.09%), Vitamin B1: 0.39mg (25.85%), Magnesium: 79.46mg (19.87%), Folate: 73.56µg (18.39%), Vitamin K: 18.86µg (17.96%), Fiber: 4.19g (16.77%), Iron: 2.5mg (13.88%), Zinc: 1.84mg (12.27%), Vitamin E: 1.54mg (10.28%), Calcium: 65.58mg (6.56%)