



Salmon with chilli & lime butter

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



326 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tbsp olive oil
- ☐ 4 fillet salmon fillet
- ☐ 1 knob butter
- ☐ 6 spring onion finely sliced
- ☐ 1 large to 5 chillies red halved deseeded finely chopped
- ☐ 1 lime zest
- ☐ 1 small bunch cilantro leaves chopped

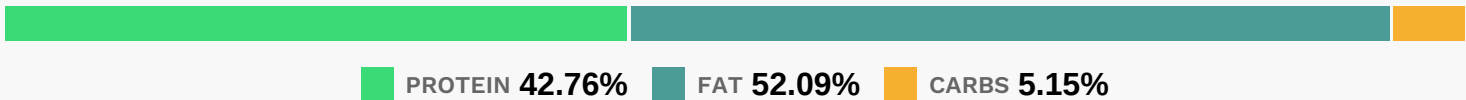
Equipment

☐ frying pan

Directions

- ☐ Heat the oil in a large frying pan and cook the salmon, skin side down, for about 5–6 mins until the skin is crispy and golden. Turn the salmon fillets carefully, then cook for a further 2 mins.
- ☐ Remove from the pan and set aside.
- ☐ Tip the butter in the pan and, when melted, add the spring onions, chilli and lime zest to sizzle in the butter for 2 mins, then add the lime juice. Spoon the chilli and lime butter over the salmon. Scatter with the coriander and serve with boiled rice.

Nutrition Facts



Properties

Glycemic Index:47.75, Glycemic Load:1.06, Inflammation Score:-7, Nutrition Score:28.645217294278%

Flavonoids

Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Quercetin: 3.05mg, Quercetin: 3.05mg, Quercetin: 3.05mg, Quercetin: 3.05mg

Nutrients (% of daily need)

Calories: 325.73kcal (16.29%), Fat: 18.66g (28.71%), Saturated Fat: 4.86g (30.4%), Carbohydrates: 4.15g (1.38%), Net Carbohydrates: 2.99g (1.09%), Sugar: 1.32g (1.47%), Cholesterol: 104.79mg (34.93%), Sodium: 113.78mg (4.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.47g (68.94%), Vitamin B12: 5.41µg (90.25%), Selenium: 62.35µg (89.07%), Vitamin B6: 1.47mg (73.44%), Vitamin B3: 13.65mg (68.27%), Vitamin K: 47.61µg (45.34%), Vitamin B2: 0.68mg (39.91%), Phosphorus: 356.73mg (35.67%), Vitamin C: 24.96mg (30.26%), Vitamin B5: 2.92mg (29.18%), Vitamin B1: 0.41mg (27.26%), Potassium: 947.71mg (27.08%), Copper: 0.47mg (23.49%), Folate: 59.35µg (14.84%), Magnesium: 57.12mg (14.28%), Vitamin A: 629.09IU (12.58%), Iron: 1.9mg (10.55%), Zinc: 1.22mg (8.14%), Vitamin E: 0.89mg (5.93%), Fiber: 1.16g (4.65%), Manganese: 0.09mg (4.34%), Calcium: 43.1mg (4.31%)