



 **81%**
HEALTH SCORE

Salmon with Fiery Sweet Cucumber Salsa

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



24 min.

SERVINGS



4

CALORIES



269 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 1 cup cucumber seeded chopped
- 3 tablespoons mint leaves fresh chopped
- 1 medium jalapeño seeded finely chopped
- 2 tablespoons juice of lime fresh
- 3 tablespoons juice of lime fresh
- 3 tablespoons onion red finely chopped
- 24 ounce salmon fillet

- 0.1 teaspoon salt
- 0.5 teaspoon salt
- 1 tablespoon sugar

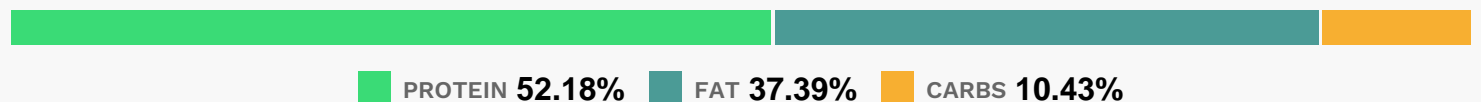
Equipment

- bowl
- broiler
- broiler pan

Directions

- Preheat broiler.
- Combine first 7 ingredients in a small bowl. Cover and chill.
- Place fillets on rack of a broiler pan coated with cooking spray.
- Drizzle with 2 tablespoons lime juice; sprinkle with 1/2 teaspoon salt and pepper. Broil 12 minutes or until fish flakes easily when tested with a fork.
- Serve salmon with cucumber mixture.

Nutrition Facts



Properties

Glycemic Index:44.02, Glycemic Load:2.38, Inflammation Score:-6, Nutrition Score:25.534782689551%

Flavonoids

Eriodictyol: 1.57mg, Eriodictyol: 1.57mg, Eriodictyol: 1.57mg, Eriodictyol: 1.57mg Hesperetin: 2.06mg, Hesperetin: 2.06mg, Hesperetin: 2.06mg, Hesperetin: 2.06mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.8mg, Quercetin: 1.8mg, Quercetin: 1.8mg, Quercetin: 1.8mg

Nutrients (% of daily need)

Calories: 268.72kcal (13.44%), Fat: 10.92g (16.8%), Saturated Fat: 1.69g (10.57%), Carbohydrates: 6.85g (2.28%), Net Carbohydrates: 5.99g (2.18%), Sugar: 4.23g (4.7%), Cholesterol: 93.55mg (31.18%), Sodium: 440.86mg (19.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.29g (68.58%), Vitamin B12: 5.41µg (90.15%), Selenium: 62.21µg (88.88%), Vitamin B6: 1.44mg (72.22%), Vitamin B3: 13.53mg (67.64%), Vitamin B2: 0.67mg (39.57%), Phosphorus: 355.82mg (35.58%), Vitamin B5: 2.97mg (29.68%), Vitamin B1: 0.41mg (27.16%), Potassium: 943.4mg (26.95%), Copper: 0.47mg (23.65%), Vitamin C: 12.59mg (15.26%), Magnesium: 59.32mg (14.83%), Folate: 55.72µg (13.93%), Iron: 1.68mg (9.35%), Zinc: 1.22mg (8.15%), Manganese: 0.13mg (6.45%), Vitamin A: 299.22IU (5.98%), Calcium: 39.76mg (3.98%), Fiber: 0.86g (3.46%), Vitamin K: 3.39µg (3.23%), Vitamin E: 0.18mg (1.2%)