



Salmon with Ginger-Banana Sauce



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



542 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 lb banana ripe peeled cut into chunks
- ☐ 30 oz black beans rinsed drained canned
- ☐ 8 oz pineapple crushed canned
- ☐ 4 teaspoons ginger fresh minced
- ☐ 1 tablespoon jalapeño chili fresh minced
- ☐ 2 tablespoons juice of lime
- ☐ 4 servings lime wedges
- ☐ 0.5 cup onion finely chopped

- ☐ 0.5 cup bell pepper red finely chopped
- ☐ 0.5 teaspoon salad oil
- ☐ 4 servings salt
- ☐ 1.5 pounds boned ()

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ blender
- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Drain pineapple and save 1/4 cup of the juice.
- ☐ In a blender or food processor, whirl the 1/4 cup pineapple juice, banana, ginger, chili, and lime juice until pureed. Scoop into a small bowl.
- ☐ In a 10- to 12-inch nonstick frying pan over high heat, stir onion, bell pepper, and oil until vegetables are limp, 3 to 5 minutes.
- ☐ Add crushed pineapple and beans; stir just until hot, about 2 minutes. Cover and keep warm.
- ☐ Rinse salmon and pat dry.
- ☐ Lay fish, skin down, on a sheet of foil. Trim foil to fit salmon.
- ☐ Lay foil with salmon on a barbecue grill over a solid bed of hot coals or high heat on a gas grill (you can hold your hand at grill level only 2 to 3 seconds). Cook fish until opaque but moist-looking in center of thickest part (cut to test), 6 to 8 minutes.
- ☐ Cut salmon into equal portions. Spoon bean mixture equally onto plates; top with salmon and ginger-banana sauce.
- ☐ Add lime juice from wedges and salt to taste.

Nutrition Facts



Properties

Glycemic Index:48.19, Glycemic Load:7.04, Inflammation Score:-9, Nutrition Score:43.415652306184%

Flavonoids

Catechin: 3.46mg, Catechin: 3.46mg, Catechin: 3.46mg, Catechin: 3.46mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.37mg, Quercetin: 4.37mg, Quercetin: 4.37mg, Quercetin: 4.37mg

Nutrients (% of daily need)

Calories: 541.63kcal (27.08%), Fat: 12.26g (18.86%), Saturated Fat: 1.96g (12.25%), Carbohydrates: 61.29g (20.43%), Net Carbohydrates: 43.47g (15.81%), Sugar: 16.97g (18.85%), Cholesterol: 93.55mg (31.18%), Sodium: 1088.32mg (47.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 47.99g (95.98%), Selenium: 65.8µg (94%), Vitamin B6: 1.86mg (92.97%), Vitamin B12: 5.41µg (90.15%), Vitamin B3: 15.51mg (77.54%), Fiber: 17.82g (71.27%), Phosphorus: 599.8mg (59.98%), Vitamin C: 48.41mg (58.68%), Vitamin B2: 0.98mg (57.69%), Potassium: 1857.57mg (53.07%), Vitamin B1: 0.78mg (52.06%), Folate: 200.83µg (50.21%), Copper: 0.96mg (47.92%), Magnesium: 153.88mg (38.47%), Manganese: 0.73mg (36.63%), Vitamin B5: 3.52mg (35.22%), Iron: 5.86mg (32.58%), Zinc: 2.48mg (16.52%), Vitamin A: 769.4IU (15.39%), Calcium: 114.91mg (11.49%), Vitamin E: 0.61mg (4.08%), Vitamin K: 2.78µg (2.64%)