



Salmon with Ginger-Citrus Salsa

 Gluten Free  Dairy Free

READY IN



160 min.

SERVINGS



4

CALORIES



241 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon canola oil
- 2 tablespoons chives fresh chopped
- 1 teaspoon ginger grated
- 6 slices ginger thin
- 0.3 teaspoon pepper
- 1 tablespoon honey
- 1 optional: lemon
- 1 lime peeled finely chopped

- 2 navel oranges peeled finely chopped
- 0.5 cup bell pepper red chopped
- 1 lb salmon fillet cut into 4 pieces
- 0.5 teaspoon salt
- 4 cups water

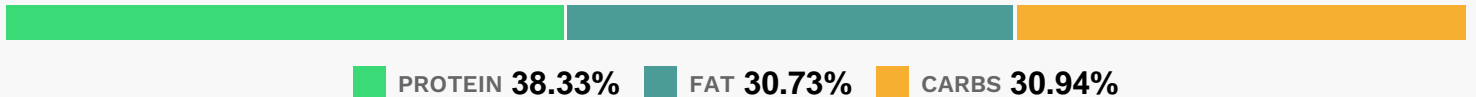
Equipment

- bowl
- frying pan
- slotted spoon

Directions

- Grate enough peel from lemon to make 2 teaspoons; set aside for salsa.
- Cut lemon into slices. In 10- or 12-inch skillet, heat lemon slices, water, sliced gingerroot, salt and pepper to boiling. Boil 3 minutes; reduce heat to medium-low.
- Add salmon, skin side down, to skillet. Cover; cook 7 to 10 minutes or until salmon flakes easily with fork. Carefully remove salmon with slotted spoon. Cover; refrigerate at least 2 hours but no longer than 24 hours. Discard liquid mixture in skillet.
- In medium nonmetal bowl, mix oranges, lime, bell pepper, chives, honey, grated gingerroot, oil and reserved 2 teaspoons lemon peel.
- To serve, carefully remove skin from salmon; place salmon on serving plate. Spoon salsa over salmon, using slotted spoon.

Nutrition Facts



Properties

Glycemic Index:62.19, Glycemic Load:3.46, Inflammation Score:-8, Nutrition Score:24.25130427402%

Flavonoids

Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 30.04mg, Hesperetin: 30.04mg, Hesperetin: 30.04mg, Hesperetin: 30.04mg Naringenin: 5.69mg, Naringenin: 5.69mg, Naringenin: 5.69mg, Naringenin: 5.69mg Luteolin: 1.12mg, Luteolin: 1.12mg, Luteolin: 1.12mg, Luteolin: 1.12mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

Nutrients (% of daily need)

Calories: 241.39kcal (12.07%), Fat: 8.51g (13.09%), Saturated Fat: 1.23g (7.71%), Carbohydrates: 19.27g (6.42%), Net Carbohydrates: 15.96g (5.8%), Sugar: 12.09g (13.43%), Cholesterol: 62.37mg (20.79%), Sodium: 355.46mg (15.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.88g (47.75%), Vitamin C: 85.47mg (103.6%), Vitamin B12: 3.61µg (60.1%), Selenium: 41.67µg (59.53%), Vitamin B6: 1.08mg (53.76%), Vitamin B3: 9.5mg (47.49%), Vitamin B2: 0.5mg (29.2%), Phosphorus: 257.54mg (25.75%), Potassium: 788.91mg (22.54%), Vitamin B5: 2.23mg (22.34%), Vitamin B1: 0.33mg (22.13%), Copper: 0.39mg (19.34%), Vitamin A: 881.7IU (17.63%), Folate: 67.11µg (16.78%), Fiber: 3.31g (13.22%), Magnesium: 50.81mg (12.7%), Iron: 1.42mg (7.9%), Calcium: 67.65mg (6.76%), Zinc: 0.92mg (6.14%), Manganese: 0.1mg (5.16%), Vitamin K: 5.13µg (4.88%), Vitamin E: 0.67mg (4.43%)