






 **76%**
HEALTH SCORE

Salmon with Lemon Butter and Pineapple Salsa

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

READY IN

20 min.

SERVINGS

4

CALORIES

368 kcal

LUNCH **MAIN COURSE** **MAIN DISH** **DINNER**

Ingredients

- 0.3 cup butter softened
- 4 teaspoons lemon zest grated
- 2 teaspoons juice of lemon
- 1 cup pineapple fresh chopped
- 3 tablespoons cilantro leaves fresh chopped
- 2 tablespoons onion red finely chopped
- 1 teaspoon jalapeno finely chopped

- 1.5 lb salmon fillet
- 0.3 teaspoon salt

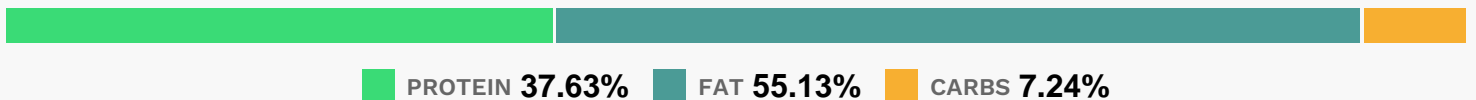
Equipment

- bowl
- frying pan
- oven
- aluminum foil

Directions

- Heat oven to 375°F. In small bowl, mix butter, lemon peel and lemon juice; set aside.
- In medium bowl, mix pineapple, cilantro, onion and chile; refrigerate until serving time.
- Line 13x9-inch pan with foil.
- Place salmon, skin side down, in pan; sprinkle with salt.
- Bake 8 to 10 minutes or until fish flakes easily with a fork. Immediately top salmon with butter mixture.
- Serve with pineapple salsa.

Nutrition Facts



Properties

Glycemic Index:37.42, Glycemic Load:2.95, Inflammation Score:-7, Nutrition Score:27.002173895421%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg

Nutrients (% of daily need)

Calories: 368.09kcal (18.4%), Fat: 22.28g (34.27%), Saturated Fat: 4.05g (25.29%), Carbohydrates: 6.58g (2.19%), Net Carbohydrates: 5.66g (2.06%), Sugar: 4.48g (4.97%), Cholesterol: 93.55mg (31.18%), Sodium: 354.91mg (15.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.21g (68.42%), Vitamin B12: 5.42µg (90.39%), Selenium: 62.18µg (88.82%), Vitamin B6: 1.46mg (72.76%), Vitamin B3: 13.61mg (68.07%), Vitamin B2: 0.67mg (39.38%), Phosphorus: 349.12mg (34.91%), Vitamin C: 25.23mg (30.58%), Vitamin B5: 2.95mg (29.52%), Vitamin B1: 0.42mg (28.22%), Potassium: 902.17mg (25.78%), Copper: 0.48mg (23.81%), Manganese: 0.42mg (20.96%), Magnesium: 55.92mg (13.98%), Folate: 52.32µg (13.08%), Vitamin A: 634.42IU (12.69%), Iron: 1.52mg (8.44%), Zinc: 1.16mg (7.71%), Fiber: 0.93g (3.7%), Calcium: 34.45mg (3.45%), Vitamin E: 0.51mg (3.4%), Vitamin K: 1.47µg (1.4%)