



 **56%**
HEALTH SCORE

Salmon with Mint Sauce

 **Gluten Free**

READY IN



85 min.

SERVINGS



6

CALORIES



183 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.8 cup yogurt plain fat-free
- 1 tablespoon mint leaves dried fresh chopped
- 1 tablespoon mayonnaise fat-free
- 1 tablespoon orange zest grated
- 1 clove garlic finely chopped
- 1.5 lb salmon fillet cut into 8 serving pieces
- 1 teaspoon lemon zest grated
- 0.5 teaspoon salt

0.3 teaspoon pepper

Equipment

bowl

oven

broiler pan

Directions

To make sauce, in small bowl, mix yogurt, mint, mayonnaise, orange peel and garlic until well blended. Cover and refrigerate at least 1 hour but no longer than 2 days.

Set oven control to broil. Spray broiler pan rack with cooking spray.

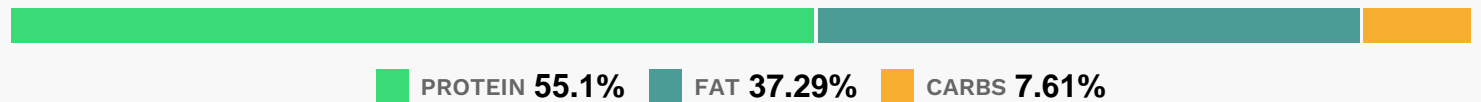
Sprinkle salmon with lemon peel, salt and pepper.

Place salmon on rack in broiler pan.

Broil with tops about 4 inches from heat 5 to 6 minutes or until salmon flakes easily with fork.

Serve with sauce.

Nutrition Facts



Properties

Glycemic Index:10.33, Glycemic Load:0.06, Inflammation Score:-3, Nutrition Score:17.158260943125%

Flavonoids

Eriodictyol: 0.26mg, Eriodictyol: 0.26mg, Eriodictyol: 0.26mg, Eriodictyol: 0.26mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 182.8kcal (9.14%), Fat: 7.32g (11.27%), Saturated Fat: 1.17g (7.29%), Carbohydrates: 3.36g (1.12%), Net Carbohydrates: 3.08g (1.12%), Sugar: 2.61g (2.9%), Cholesterol: 63.19mg (21.06%), Sodium: 286.06mg (12.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.35g (48.7%), Vitamin B12: 3.79µg (63.21%), Selenium: 42.59µg (60.84%), Vitamin B6: 0.95mg (47.68%), Vitamin B3: 8.98mg (44.9%), Vitamin B2: 0.51mg (29.82%),

Phosphorus: 276.75mg (27.67%), Vitamin B5: 2.1mg (20.96%), Potassium: 645.44mg (18.44%), Vitamin B1: 0.27mg (18.28%), Copper: 0.3mg (14.76%), Magnesium: 39.96mg (9.99%), Folate: 33.35µg (8.34%), Calcium: 80.17mg (8.02%), Zinc: 1.04mg (6.96%), Iron: 1.01mg (5.6%), Vitamin C: 2.49mg (3.01%), Manganese: 0.05mg (2.47%), Vitamin A: 87.77IU (1.76%), Fiber: 0.28g (1.14%)