



Salmon with Nectarine Salsa



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



20

CALORIES



68 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup diced bell pepper red
- ☐ 0.3 cup chervil fresh finely chopped
- ☐ 1 jalapeño chile pepper diced seeded finely
- ☐ 2 tablespoons mint leaves fresh finely chopped
- ☐ 1 tablespoon honey
- ☐ 0.3 teaspoon kosher salt
- ☐ 0.5 teaspoon kosher salt
- ☐ 1 tablespoon juice of lime fresh

- ☐ 2 tablespoons juice of lime fresh
- ☐ 2 nectarines cut into 1/2-inch dice
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 0.3 cup diced onion red
- ☐ 0.3 teaspoon pepper flakes red crushed
- ☐ 4 fillet salmon (with skin), 6 to 8 ounces each and

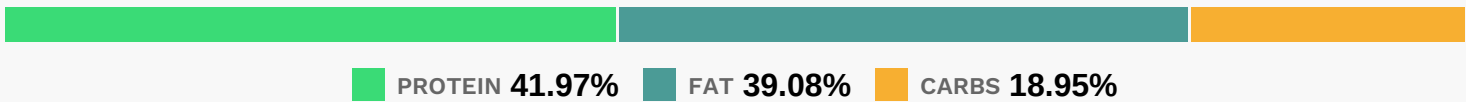
Equipment

- ☐ bowl
- ☐ grill
- ☐ spatula
- ☐ tongs

Directions

- ☐ In a medium bowl combine the salsa ingredients. Cover and refrigerate until ready to serve.
- ☐ Prepare the grill for direct cooking over high heat.
- ☐ Season the salmon on both sides with the salt and red pepper flakes and then drizzle with the lime juice and oil.
- ☐ Brush the cooking grates clean. Grill the salmon, flesh side down, over direct high heat, with the lid closed as much as possible, until you can lift the fillets off the grate with tongs without sticking, 6 to 8 minutes. Turn the fillets and cook them to your desired doneness, 2 to 3 minutes for medium rare. Slip a spatula between the skin and the flesh, and transfer the fillets to serving plates.
- ☐ Serve warm with the salsa.

Nutrition Facts



Properties

Glycemic Index:9.96, Glycemic Load:1.08, Inflammation Score:-3, Nutrition Score:6.1708695681199%

Flavonoids

Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg Catechin: 0.42mg, Catechin: 0.42mg, Catechin: 0.42mg, Catechin: 0.42mg Epicatechin: 0.36mg, Epicatechin: 0.36mg, Epicatechin: 0.36mg, Epicatechin: 0.36mg Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

Nutrients (% of daily need)

Calories: 67.59kcal (3.38%), Fat: 2.94g (4.52%), Saturated Fat: 0.44g (2.73%), Carbohydrates: 3.21g (1.07%), Net Carbohydrates: 2.75g (1%), Sugar: 2.38g (2.65%), Cholesterol: 18.7mg (6.23%), Sodium: 105.37mg (4.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.1g (14.21%), Vitamin B12: 1.08µg (18.02%), Selenium: 12.54µg (17.92%), Vitamin B6: 0.31mg (15.57%), Vitamin B3: 2.93mg (14.65%), Vitamin C: 9.56mg (11.58%), Vitamin B2: 0.14mg (8.42%), Phosphorus: 76.41mg (7.64%), Potassium: 224.58mg (6.42%), Vitamin B5: 0.62mg (6.16%), Vitamin B1: 0.09mg (5.9%), Copper: 0.11mg (5.26%), Vitamin A: 246.89IU (4.94%), Folate: 13.64µg (3.41%), Magnesium: 13.35mg (3.34%), Iron: 0.5mg (2.77%), Zinc: 0.3mg (2.03%), Manganese: 0.04mg (1.92%), Vitamin E: 0.28mg (1.84%), Fiber: 0.45g (1.82%), Vitamin K: 1.25µg (1.19%), Calcium: 11.34mg (1.13%)