



Salmon with Pineapple Salsa



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



258 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup bell pepper green finely chopped ()
- ☐ 1 medium jalapeno minced seeded
- ☐ 1 tablespoon juice of lime fresh
- ☐ 1 tablespoon soya sauce low-sodium
- ☐ 20 ounce pineapple tidbits in juice drained canned
- ☐ 0.3 cup onion red finely chopped ()
- ☐ 16 ounce salmon fillet (1/)

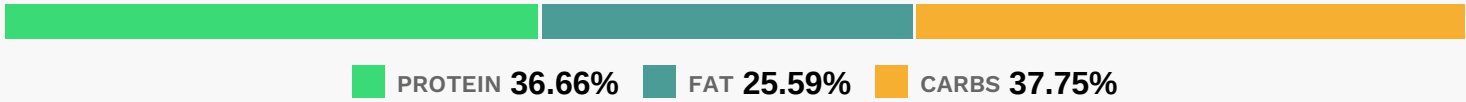
Equipment

- ☐ bowl
- ☐ broiler
- ☐ broiler pan

Directions

- ☐ Preheat broiler.
- ☐ Arrange fillets on rack of a broiler pan coated with cooking spray; brush fillets with soy sauce. Broil 5 1/2 inches from heat 4 minutes on each side.
- ☐ While salmon broils, combine pineapple and remaining 4 ingredients in a small bowl.
- ☐ Transfer salmon fillets to a serving platter; top evenly with salsa.

Nutrition Facts



Properties

Glycemic Index:17.25, Glycemic Load:0.3, Inflammation Score:-6, Nutrition Score:20.810434657594%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.93mg, Luteolin: 0.93mg, Luteolin: 0.93mg, Luteolin: 0.93mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.64mg, Quercetin: 2.64mg, Quercetin: 2.64mg, Quercetin: 2.64mg

Nutrients (% of daily need)

Calories: 258.03kcal (12.9%), Fat: 7.41g (11.41%), Saturated Fat: 1.14g (7.15%), Carbohydrates: 24.62g (8.21%), Net Carbohydrates: 22.15g (8.05%), Sugar: 21.31g (23.68%), Cholesterol: 62.37mg (20.79%), Sodium: 196.45mg (8.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.9g (47.8%), Vitamin B12: 3.61µg (60.1%), Selenium: 42.04µg (60.06%), Vitamin B6: 1.11mg (55.51%), Vitamin B3: 9.51mg (47.56%), Vitamin C: 34.31mg (41.59%), Vitamin B2: 0.48mg (28.31%), Vitamin B1: 0.42mg (28%), Phosphorus: 251.42mg (25.14%), Potassium: 805.76mg (23.02%), Copper: 0.46mg (22.8%), Vitamin B5: 1.95mg (19.46%), Magnesium: 60.6mg (15.15%), Folate: 42.28µg (10.57%), Fiber: 2.47g (9.88%), Iron: 1.45mg (8.08%), Zinc: 0.95mg (6.32%), Vitamin A: 224.95IU (4.5%), Calcium: 42.59mg (4.26%), Manganese: 0.07mg (3.74%), Vitamin K: 3.08µg (2.93%), Vitamin E: 0.25mg (1.66%)