



Salmon With Sweet Mango Salsa



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



358 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons brown sugar
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 1 tablespoon honey
- ☐ 1 jalapeno seeded finely chopped
- ☐ 2 tablespoons juice of lime fresh
- ☐ 1 teaspoon soya sauce low-sodium
- ☐ 1 mangos ripe peeled cut into 1/2-inch cubes
- ☐ 0.3 teaspoon cracked pepper black

- ☐ 8 ounce pineapple tidbits in juice canned
- ☐ 0.5 cup bell pepper red chopped
- ☐ 0.3 cup onion red finely chopped
- ☐ 24 ounce salmon fillet
- ☐ 0.3 teaspoon salt

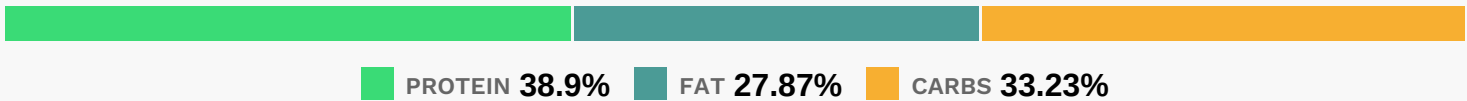
Equipment

- ☐ bowl
- ☐ broiler

Directions

- ☐ Drain pineapple, reserving 3 tablespoons juice.
- ☐ Combine pineapple, mango, and next 6 ingredients in a small bowl; chill.
- ☐ Combine reserved 3 tablespoons pineapple juice with brown sugar and soy sauce. Set aside.
- ☐ Preheat broiler.
- ☐ Place salmon on broiler rack coated with cooking spray; brush with half of glaze.
- ☐ Sprinkle fish with salt and pepper. Broil 5 minutes; turn and brush with remaining glaze. Broil 5 minutes or until fish flakes easily when tested with a fork.
- ☐ Serve fish with salsa.
- ☐ Serve salsa within 30 minutes for peak flavor. You can prepare the ingredients in advance, but don't combine them until 30 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:64.76, Glycemic Load:6.34, Inflammation Score:-8, Nutrition Score:30.838695650515%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg

Pelargonidin: 0.01mg Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.39mg, Quercetin: 2.39mg, Quercetin: 2.39mg, Quercetin: 2.39mg

Nutrients (% of daily need)

Calories: 358.17kcal (17.91%), Fat: 11.14g (17.13%), Saturated Fat: 1.74g (10.89%), Carbohydrates: 29.87g (9.96%), Net Carbohydrates: 27.56g (10.02%), Sugar: 26.79g (29.77%), Cholesterol: 93.55mg (31.18%), Sodium: 269.68mg (11.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.97g (69.94%), Vitamin B12: 5.41µg (90.15%), Selenium: 62.84µg (89.77%), Vitamin B6: 1.59mg (79.28%), Vitamin B3: 14.16mg (70.79%), Vitamin C: 55.23mg (66.94%), Vitamin B2: 0.71mg (41.51%), Phosphorus: 363.93mg (36.39%), Vitamin B1: 0.48mg (31.7%), Potassium: 1079.92mg (30.85%), Vitamin B5: 3.04mg (30.42%), Copper: 0.56mg (28.08%), Vitamin A: 1295.33IU (25.91%), Folate: 80.63µg (20.16%), Magnesium: 69.14mg (17.29%), Iron: 1.82mg (10.1%), Fiber: 2.31g (9.24%), Zinc: 1.29mg (8.62%), Manganese: 0.13mg (6.44%), Vitamin E: 0.93mg (6.18%), Vitamin K: 5.04µg (4.8%), Calcium: 46.7mg (4.67%)