

food  
network

 **71%**  
HEALTH SCORE

## Seared Salmon with Sweet Potato Hash and Jerk Mango Salsa

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

READY IN



**60 min.**

SERVINGS



**4**

CALORIES



**1063 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 5 strips bacon diced
- 1 tablespoon chives chopped
- 1 tablespoon dijon mustard
- 2 cloves garlic chopped
- 0.3 cup grapeseed oil
- 5 tablespoons grapeseed oil
- 1 tablespoon jamaican jerk sauce

- 1 small jalapeño diced seeded
- 3 juice of lemon
- 2 medium mangoes diced ripe
- 1 small onion diced red
- 24 ounce salmon
- 4 servings salt and pepper black freshly ground
- 3 pounds sweet potatoes diced peeled
- 2 tablespoons butter unsalted

## Equipment

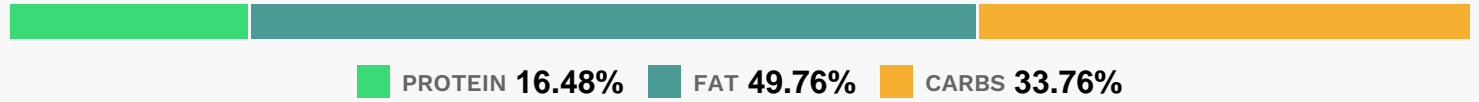
- bowl
- frying pan
- whisk
- pot

## Directions

- For the sweet potato hash: Bring a large pot of water to a boil. Blanch the sweet potatoes until fork-tender.
- Drain and set aside.
- Heat a saute pan over medium-low heat.
- Add the bacon and cook until soft and lightly crisp.
- Add the sweet potatoes and pan-fry until the potatoes are lightly browned and crispy, 3 to 4 minutes.
- Add the garlic and onions, stirring to incorporate into the hash, and cook until transparent, another 4 minutes. Season with salt and pepper. Keep warm and reserve.
- Mix together the mangoes and jalapenos in a bowl. Fold in the jerk sauce and reserve.
- Whisk together the Dijon mustard and lemon juice in a bowl. Stream in the oil, whisking until the dressing is emulsified. Season lightly with salt and pepper. Stir in the chives.
- Sprinkle the salmon with salt and pepper.
- Heat a 12-inch saute pan with the grapeseed oil until hot.

- Add the salmon and cook about 4 minutes on each side (or until the desired internal temperature).
- Add the butter to the pan and when melted, spoon over the fish.
- Transfer the fish to a paper-towel-lined plate to drain slightly.
- To plate: Spoon some hash in the center of each plate and top with a piece of salmon. Spoon some jerk mango salsa on top of the salmon, followed by some lemon vinaigrette.

## Nutrition Facts



### Properties

Glycemic Index:103.94, Glycemic Load:41.74, Inflammation Score:-10, Nutrition Score:53.032608721567%

### Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Catechin: 1.78mg, Catechin: 1.78mg, Catechin: 1.78mg, Catechin: 1.78mg Eriodictyol: 1.1mg, Eriodictyol: 1.1mg, Eriodictyol: 1.1mg Eriodictyol: 1.1mg Hesperetin: 3.26mg, Hesperetin: 3.26mg, Hesperetin: 3.26mg, Hesperetin: 3.26mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 1.43mg, Isorhamnetin: 1.43mg, Isorhamnetin: 1.43mg, Isorhamnetin: 1.43mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 5.94mg, Quercetin: 5.94mg, Quercetin: 5.94mg, Quercetin: 5.94mg

### Nutrients (% of daily need)

Calories: 1062.75kcal (53.14%), Fat: 59.31g (91.24%), Saturated Fat: 12.1g (75.64%), Carbohydrates: 90.53g (30.18%), Net Carbohydrates: 77.8g (28.29%), Sugar: 31.23g (34.7%), Cholesterol: 126.75mg (42.25%), Sodium: 533.78mg (23.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 44.2g (88.41%), Vitamin A: 49712IU (994.24%), Vitamin B6: 2.38mg (118.97%), Selenium: 72.02µg (102.88%), Vitamin B12: 5.56µg (92.64%), Vitamin B3: 17.2mg (86%), Vitamin E: 11.24mg (74.95%), Vitamin C: 61.65mg (74.73%), Potassium: 2297.13mg (65.63%), Vitamin B5: 6.01mg (60.15%), Phosphorus: 573.48mg (57.35%), Vitamin B2: 0.94mg (55.08%), Copper: 1.09mg (54.61%), Manganese: 1.07mg (53.56%), Vitamin B1: 0.79mg (52.35%), Fiber: 12.73g (50.93%), Magnesium: 155.45mg (38.86%), Folate: 136.44µg (34.11%), Iron: 3.91mg (21.71%), Zinc: 2.64mg (17.62%), Calcium: 151.22mg (15.12%), Vitamin K: 13.56µg (12.92%), Vitamin D: 0.22µg (1.43%)