



Spice Broiled Salmon with Green Apple Salad



Gluten Free



Dairy Free



Very Healthy



Popular

READY IN



26 min.

SERVINGS



6

CALORIES



280 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tbsp t brown sugar dark
- ☐ 2 tsp mint leaves fresh chopped
- ☐ 1 cup apple diced green peeled seeded
- ☐ 0.5 tsp ground allspice
- ☐ 0.3 tsp ground cinnamon
- ☐ 1 tbsp ground coriander fresh with a spice or coffee grinder is best)
- ☐ 0.3 tsp ground cumin
- ☐ 0.5 tsp ground ginger

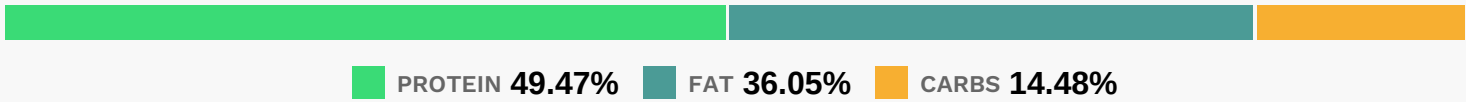
- ☐ 1.5 tsp honey
- ☐ 1 pinch kosher salt
- ☐ 1.5 tbsp juice of lemon freshly squeezed
- ☐ 1 cup persian cucumber diced seeded
- ☐ 6 fillet salmon fillet boneless skinless
- ☐ 0.1 tsp turmeric

Equipment

Directions

- ☐ Save Recipe
- ☐ Print Recipe
- ☐ Spice Broiled Salmon with Green Apple Salad
- ☐ Salmon Ingredients6 boneless skinless salmon fillets2 tbsp dark brown sugar1 tbsp ground coriander (fresh ground with a spice or coffee grinder is best)½ tsp kosher salt½ tsp ground allspice½ tsp ground ginger¼ tsp ground cumin¼ tsp ground cinnamon1/8 tsp turmeric
- ☐ Cooking oil spray
- ☐ Green Apple Salad Ingredients1 cup green apples, peeled and seeded, diced small1 cup Persian cucumber, seeded, diced small1 ½ tbsp freshly squeezed lemon juice2 tsp fresh mint, chopped1 ½ tsp honey
- ☐ Pinch of kosher salt
- ☐ Prep Time: 20 Minutes
- ☐ Cook Time: 04 – 6 Minutes
- ☐ Total Time: 24 – 26 Minutes
- ☐ Servings: 6
- ☐ Kosher Key: Pareve

Nutrition Facts



Properties

Glycemic Index:19.05, Glycemic Load:1.53, Inflammation Score:-6, Nutrition Score:24.494347847026%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 1.57mg, Epicatechin: 1.57mg, Epicatechin: 1.57mg, Epicatechin: 1.57mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg Hesperetin: 0.55mg, Hesperetin: 0.55mg, Hesperetin: 0.55mg, Hesperetin: 0.55mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg

Nutrients (% of daily need)

Calories: 280.35kcal (14.02%), Fat: 11.03g (16.98%), Saturated Fat: 1.7g (10.63%), Carbohydrates: 9.97g (3.32%), Net Carbohydrates: 8.88g (3.23%), Sugar: 7.88g (8.75%), Cholesterol: 93.5mg (31.17%), Sodium: 83.67mg (3.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.07g (68.14%), Vitamin B12: 5.41µg (90.1%), Selenium: 62.48µg (89.26%), Vitamin B6: 1.41mg (70.63%), Vitamin B3: 13.45mg (67.26%), Vitamin B2: 0.66mg (38.92%), Phosphorus: 351.45mg (35.15%), Vitamin B5: 2.9mg (28.99%), Vitamin B1: 0.4mg (26.41%), Potassium: 908.36mg (25.95%), Copper: 0.45mg (22.6%), Magnesium: 56.99mg (14.25%), Folate: 45.31µg (11.33%), Iron: 1.73mg (9.63%), Zinc: 1.19mg (7.95%), Manganese: 0.15mg (7.44%), Fiber: 1.08g (4.34%), Vitamin C: 3.17mg (3.85%), Calcium: 37.23mg (3.72%), Vitamin K: 3.35µg (3.19%), Vitamin A: 101.37IU (2.03%)