



HEALTH SCORE

**100%**

## Spice-Rubbed Salmon with Cucumber Relish



Gluten Free



Dairy Free



Very Healthy

READY IN

**45 min.**

SERVINGS

**4**

CALORIES

**281 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 tablespoon brown sugar
- 1 tablespoon capers
- 1 teaspoon chili powder
- 1 tablespoon cider vinegar
- 2 cups cucumber chopped
- 0.3 teaspoon thyme leaves dried
- 2 tablespoons mint leaves fresh chopped
- 1 teaspoon garlic powder

- 1 teaspoon ground cumin
- 0.3 cup prechopped onion
- 1 teaspoon oregano dried
- 1 teaspoon paprika
- 0.5 cup bell pepper red chopped
- 24 ounce salmon fillet
- 0.5 teaspoon salt divided

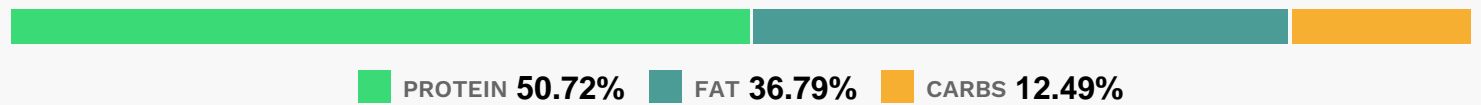
## Equipment

- frying pan
- broiler

## Directions

- Preheat broiler.
- Combine first 6 ingredients, 1/4 teaspoon salt, and dried thyme; rub evenly over fish.
- Place fish on a jelly-roll pan coated with cooking spray. Broil 8 minutes or until fish flakes easily when tested with a fork.
- Combine 1/4 teaspoon salt, cucumber, and remaining ingredients; serve with fish.

## Nutrition Facts



## Properties

Glycemic Index:36, Glycemic Load:0.65, Inflammation Score:-9, Nutrition Score:29.462608959364%

## Flavonoids

Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 2.7mg, Kaempferol: 2.7mg, Kaempferol: 2.7mg, Kaempferol: 2.7mg Quercetin: 5.52mg, Quercetin: 5.52mg, Quercetin: 5.52mg, Quercetin: 5.52mg

## Nutrients (% of daily need)

Calories: 281.43kcal (14.07%), Fat: 11.28g (17.35%), Saturated Fat: 1.75g (10.91%), Carbohydrates: 8.61g (2.87%), Net Carbohydrates: 6.62g (2.41%), Sugar: 5.2g (5.77%), Cholesterol: 93.55mg (31.18%), Sodium: 435.17mg (18.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.98g (69.96%), Vitamin B12: 5.41µg (90.15%), Selenium: 62.65µg (89.5%), Vitamin B6: 1.54mg (76.89%), Vitamin B3: 13.81mg (69.05%), Vitamin B2: 0.71mg (41.61%), Phosphorus: 373.88mg (37.39%), Vitamin C: 27.69mg (33.56%), Vitamin B5: 3.1mg (31.01%), Potassium: 1045.47mg (29.87%), Vitamin B1: 0.43mg (28.84%), Copper: 0.52mg (25.89%), Vitamin A: 1219.98IU (24.4%), Magnesium: 69.2mg (17.3%), Folate: 67.79µg (16.95%), Iron: 2.63mg (14.6%), Manganese: 0.22mg (11.14%), Vitamin K: 11.37µg (10.83%), Zinc: 1.41mg (9.4%), Fiber: 1.99g (7.98%), Calcium: 60.34mg (6.03%), Vitamin E: 0.79mg (5.25%)