

What She Ate

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HEALTH SCORE

Spicy Garlic Salmon

☒ Gluten Free ☒ Dairy Free ☒ Very Healthy

READY IN

ready

25 min.

SERVINGS

servings

2

CALORIES

calories

314 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 servings pepper black freshly ground
- ☐ 2 cloves garlic crushed
- ☐ 2 tablespoons juice of lime fresh
- ☐ 1 tablespoon olive oil
- ☐ 1 chile pepper dried red
- ☐ 12 ounce fillets salmon
- ☐ 2 servings sea salt to taste
- ☐ 1 teaspoon grain mustard whole

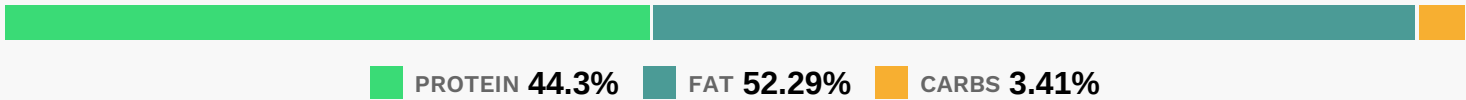
# Equipment

- ☐ oven
- ☐ baking pan
- ☐ aluminum foil
- ☐ mortar and pestle

# Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C). Line a medium baking dish with aluminum foil. Lightly grease foil.
- ☐ With a mortar and pestle, grind together the garlic, chile pepper, and olive oil.
- ☐ Mix into a thick paste with the mustard, lime juice, salt, and pepper.
- ☐ Place the salmon fillets in the prepared baking dish, and coat with the paste mixture.
- ☐ Bake salmon 12 to 15 minutes in the preheated oven, or until fish is easily flaked with a fork.

# Nutrition Facts



# Properties

Glycemic Index:47, Glycemic Load:0.3, Inflammation Score:-4, Nutrition Score:24.668260719465%

# Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

# Nutrients (% of daily need)

Calories: 314.22kcal (15.71%), Fat: 17.91g (27.56%), Saturated Fat: 2.65g (16.55%), Carbohydrates: 2.63g (0.88%), Net Carbohydrates: 2.3g (0.84%), Sugar: 0.42g (0.47%), Cholesterol: 93.55mg (31.18%), Sodium: 297.33mg (12.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.14g (68.29%), Selenium: 63.39µg (90.56%), Vitamin B12: 5.41µg (90.15%), Vitamin B6: 1.44mg (71.92%), Vitamin B3: 13.45mg (67.24%), Vitamin B2: 0.66mg (38.63%),

Phosphorus: 350.14mg (35.01%), Vitamin B5: 2.88mg (28.78%), Vitamin B1: 0.4mg (26.61%), Potassium: 872.92mg (24.94%), Copper: 0.44mg (22.11%), Magnesium: 52.87mg (13.22%), Folate: 44.43µg (11.11%), Iron: 1.53mg (8.5%), Zinc: 1.16mg (7.7%), Vitamin E: 1.06mg (7.07%), Vitamin C: 5.52mg (6.7%), Manganese: 0.11mg (5.29%), Vitamin K: 4.83µg (4.6%), Calcium: 30.26mg (3.03%), Vitamin A: 144.35IU (2.89%), Fiber: 0.33g (1.31%)