






 **86%**  
HEALTH SCORE

# Spicy Grilled Salmon with Mango, Radish, and Lime Salsa

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

READY IN  
  
**22 min.**

SERVINGS  
  
**8**

CALORIES  
  
**396 kcal**

**LUNCH** **MAIN COURSE** **MAIN DISH** **DINNER**

## Ingredients

- 2 ancho chiles stemmed seeded
- 1 cinnamon sticks
- 2 tablespoons coriander whole
- 1 handful cilantro leaves fresh
- 8 servings kosher salt and pepper black freshly ground
- 2 limes peeled cut into segments
- 2 mangoes pitted peeled cut into chunks

- 2 tablespoons olive oil extra-virgin
- 8 servings olive oil extra-virgin
- 6 radishes red sliced chopped for garnish
- 1 onion red chopped
- 2 pound salmon fillet
- 1 tablespoon paprika sweet
- 2 tablespoons cumin whole

## Equipment

- food processor
- frying pan
- paper towels
- grill

## Directions

- For the Salsa, put all the ingredients into a food processor and pulse until finely chopped; set aside.
- Heat the grill to medium high.
- Drizzle some olive oil over the salmon and season it with salt and pepper. Gently rub 2 tablespoons of the Spice
- Mix into the salmon.
- Pour some olive oil onto a paper towel and rub the grill with it - this will help to prevent the fish from sticking. Grill the salmon flesh side down for about 12 to 15 minutes.
- To serve, spread most of the Salsa onto a platter and place the salmon, skin side down, on top.
- Garnish with more Salsa, radish slices, cilantro, and a drizzle of olive oil.
- Put the ancho chiles, cumin, coriander, cinnamon stick, and paprika into a small dry skillet over medium-high heat, and toast the spices just until they begin to smell, about 1 minute. Empty into a spice mill and grind to a powder.

## Nutrition Facts

PROTEIN 24.22% FAT 57.45% CARBS 18.33%

## Properties

Glycemic Index:32.97, Glycemic Load:4.37, Inflammation Score:-10, Nutrition Score:26.929565201635%

## 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: 1.9mg, Pelargonidin: 1.9mg, Pelargonidin: 1.9mg, Pelargonidin: 1.9mg Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.18mg, Quercetin: 3.18mg, Quercetin: 3.18mg, Quercetin: 3.18mg

## Nutrients (% of daily need)

Calories: 395.69kcal (19.78%), Fat: 25.9g (39.85%), Saturated Fat: 3.7g (23.13%), Carbohydrates: 18.59g (6.2%), Net Carbohydrates: 13.77g (5.01%), Sugar: 11.74g (13.05%), Cholesterol: 62.37mg (20.79%), Sodium: 64.23mg (2.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.57g (49.14%), Vitamin A: 3424.2IU (68.48%), Selenium: 42.32µg (60.45%), Vitamin B12: 3.61µg (60.1%), Vitamin B6: 1.11mg (55.65%), Vitamin B3: 10.25mg (51.23%), Vitamin C: 28.22mg (34.21%), Vitamin B2: 0.58mg (34.19%), Phosphorus: 266.51mg (26.65%), Potassium: 903.65mg (25.82%), Vitamin E: 3.63mg (24.21%), Vitamin K: 25.31µg (24.11%), Vitamin B5: 2.16mg (21.59%), Vitamin B1: 0.3mg (20.17%), Copper: 0.4mg (20.1%), Fiber: 4.83g (19.31%), Iron: 2.99mg (16.63%), Folate: 60.76µg (15.19%), Manganese: 0.3mg (14.97%), Magnesium: 56.08mg (14.02%), Zinc: 1.03mg (6.89%), Calcium: 54.05mg (5.41%)