



Sweet and Spicy Salmon with Grapefruit Salsa

 Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



246 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 teaspoons brown sugar
- 0.1 teaspoon cayenne pepper
- 2 teaspoons corn oil mazola®
- 0.3 cup cilantro leaves fresh chopped
- 1 teaspoon garlic powder
- 2 cups grapefruit sections
- 0.3 cup green onion chopped
- 0.3 teaspoon ground pepper black finely

- 1 jalapeno diced
- 1 teaspoon onion powder
- 0.3 teaspoon oregano
- 1.5 teaspoons paprika
- 0.3 cup bell pepper red chopped
- 1 pound salmon fillet
- 0.3 teaspoon salt
- 0.3 teaspoon thyme leaves

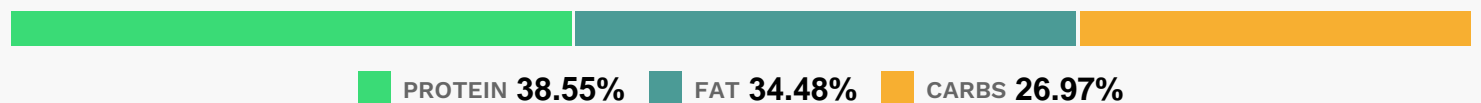
Equipment

- bowl
- oven
- baking pan

Directions

- Preheat oven to 375 degrees F.
- Combine paprika, onion and garlic powder, salt, oregano, thyme, black pepper, cayenne pepper and brown sugar in a small bowl.
- Cut salmon into 4 portions and brush with oil. Distribute the rub over the salmon generously coating all surfaces.
- Place salmon on a shallow baking pan with sides.
- Bake for 15 to 20 minutes, until fish flakes easily.
- Coarsely chop grapefruit into bite size pieces.
- Combine all salsa ingredients and serve with salmon. Grapefruit salsa can be made ahead and refrigerated until ready to serve.

Nutrition Facts



Properties

Glycemic Index:71.75, Glycemic Load:2.98, Inflammation Score:-9, Nutrition Score:24.639565177586%

Flavonoids

Hesperetin: 0.4mg, Hesperetin: 0.4mg, Hesperetin: 0.4mg, Hesperetin: 0.4mg Naringenin: 37.54mg, Naringenin: 37.54mg, Naringenin: 37.54mg, Naringenin: 37.54mg Luteolin: 0.85mg, Luteolin: 0.85mg, Luteolin: 0.85mg, Luteolin: 0.85mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2mg, Quercetin: 2mg, Quercetin: 2mg, Quercetin: 2mg

Nutrients (% of daily need)

Calories: 246.31kcal (12.32%), Fat: 9.54g (14.68%), Saturated Fat: 1.33g (8.34%), Carbohydrates: 16.79g (5.6%), Net Carbohydrates: 13.89g (5.05%), Sugar: 10.26g (11.4%), Cholesterol: 62.37mg (20.79%), Sodium: 199.34mg (8.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24g (48.01%), Vitamin C: 54.17mg (65.66%), Vitamin B12: 3.61µg (60.1%), Selenium: 41.92µg (59.89%), Vitamin B6: 1.07mg (53.66%), Vitamin B3: 9.44mg (47.19%), Vitamin A: 2251.89IU (45.04%), Vitamin B2: 0.5mg (29.29%), Phosphorus: 262.22mg (26.22%), Potassium: 805.69mg (23.02%), Vitamin K: 23.96µg (22.81%), Vitamin B5: 2.27mg (22.74%), Vitamin B1: 0.33mg (21.74%), Copper: 0.35mg (17.46%), Folate: 55.98µg (13.99%), Magnesium: 50.27mg (12.57%), Fiber: 2.9g (11.61%), Iron: 1.51mg (8.37%), Vitamin E: 1.06mg (7.05%), Manganese: 0.13mg (6.38%), Zinc: 0.96mg (6.38%), Calcium: 55.36mg (5.54%)