



 **100%**  
HEALTH SCORE

## Tandoori Seafood Kebabs

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

READY IN



**45 min.**

SERVINGS



**4**

CALORIES



**402 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 pint cherry tomatoes
- 2 tablespoons cilantro leaves fresh chopped
- 1 tablespoon ginger fresh minced
- 2 garlic cloves minced
- 0.5 teaspoon ground cardamom
- 1 tablespoon ground cumin
- 1 jalapeño minced seeded
- 2 tablespoons juice of lime fresh

- 1 onion cut into thin wedges
- 8 ounce yogurt plain
- 2 pounds salmon fillet cut into 2-inch cubes
- 0.5 teaspoon salt

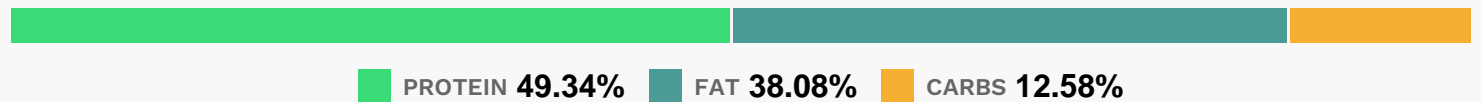
## Equipment

- grill
- skewers

## Directions

- Stir together first 9 ingredients in a large shallow dish.
- Add fish, tossing gently to coat. Cover and chill 30 minutes.
- Alternately thread salmon, onion, and tomatoes on 8 (6- to 8-inch) skewers. Grill, covered with lid, over medium-high heat (350 to 400°F) for 6 to 8 minutes on each side or until done.

## Nutrition Facts



## Properties

Glycemic Index:41.25, Glycemic Load:1.32, Inflammation Score:-8, Nutrition Score:37.320869834527%

## Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 6.76mg, Quercetin: 6.76mg, Quercetin: 6.76mg, Quercetin: 6.76mg

## Nutrients (% of daily need)

Calories: 401.9kcal (20.1%), Fat: 16.77g (25.8%), Saturated Fat: 3.48g (21.73%), Carbohydrates: 12.46g (4.15%), Net Carbohydrates: 10.74g (3.91%), Sugar: 7.1g (7.89%), Cholesterol: 132.11mg (44.04%), Sodium: 434.06mg (18.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 48.88g (97.76%), Vitamin B12: 7.42µg (123.7%), Selenium:

85.08µg (121.55%), Vitamin B6: 2.05mg (102.31%), Vitamin B3: 18.68mg (93.41%), Vitamin B2: 0.99mg (58.08%), Phosphorus: 561.43mg (56.14%), Potassium: 1558.67mg (44.53%), Vitamin C: 36.47mg (44.2%), Vitamin B5: 4.21mg (42.15%), Vitamin B1: 0.6mg (40.07%), Copper: 0.7mg (34.91%), Magnesium: 94.35mg (23.59%), Iron: 3.79mg (21.07%), Folate: 83.48µg (20.87%), Manganese: 0.35mg (17.68%), Vitamin A: 800.02IU (16%), Zinc: 2.13mg (14.17%), Calcium: 134.86mg (13.49%), Fiber: 1.72g (6.89%), Vitamin E: 0.9mg (6.03%), Vitamin K: 4.96µg (4.72%)