



Thai salmon kebabs with sweet chilli & lime dip



Gluten Free



Dairy Free



Low Fod Map

READY IN



30 min.

SERVINGS



4

CALORIES



359 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 tbsp chilli sauce sweet
- ☐ 1 juice of lime
- ☐ 560 g salmon fillet skinless cut into large chunks
- ☐ 4 servings cooking oil for drizzling

Equipment

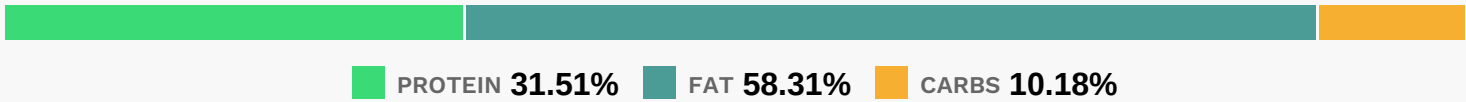
- ☐ bowl
- ☐ frying pan

☐ skewers

Directions

- ☐ Combine the sweet chilli sauce and lime juice in a bowl.
- ☐ Pour half the mixture into a bowl for serving. Thread the salmon onto 4 skewers and brush with the remaining chilli sauce. Marinate for 20 mins.
- ☐ Heat a griddle pan until very hot. Shake excess marinade from the kebabs, then drizzle with oil, season and griddle for 8 mins, turning occasionally until the salmon is opaque and comes away easily from the pan.
- ☐ Serve hot with the dipping sauce.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:20.266521816668%

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 Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 359.45kcal (17.97%), Fat: 22.98g (35.36%), Saturated Fat: 2.4g (15.03%), Carbohydrates: 9.03g (3.01%), Net Carbohydrates: 8.9g (3.24%), Sugar: 8.25g (9.17%), Cholesterol: 77mg (25.67%), Sodium: 231.75mg (10.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.94g (55.89%), Vitamin B12: 4.45µg (74.2%), Selenium: 51.11µg (73.01%), Vitamin B6: 1.15mg (57.4%), Vitamin B3: 11.01mg (55.07%), Vitamin B2: 0.53mg (31.36%), Phosphorus: 281.05mg (28.1%), Vitamin B5: 2.34mg (23.39%), Vitamin B1: 0.32mg (21.22%), Potassium: 694.78mg (19.85%), Copper: 0.35mg (17.6%), Vitamin E: 2.47mg (16.44%), Magnesium: 41.2mg (10.3%), Vitamin K: 10.03µg (9.55%), Folate: 35.75µg (8.94%), Iron: 1.13mg (6.26%), Zinc: 0.9mg (6.01%), Vitamin C: 2.25mg (2.73%), Calcium: 17.85mg (1.78%), Vitamin A: 59.75IU (1.2%), Manganese: 0.02mg (1.19%)