



HEALTH SCORE

100%

Tilapia Salad with Strawberry-Pineapple Salsa



Gluten Free



Dairy Free



Very Healthy

READY IN



30 min.

SERVINGS



4

CALORIES



174 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 8 pineapple crushed drained canned
- 2 cups strawberries fresh halved
- 0.5 cup cucumber diced
- 0.3 cup mint leaves fresh chopped
- 2 tablespoons red-wine vinegar
- 2 tablespoons spring onion thinly sliced
- 20 oz fish fillet
- 1 serving pam original flavor shopping list

- 0.5 teaspoon lawry's seasoned salt
- 0.3 teaspoon paprika smoked
- 4 cups pkt spinach fresh loosely packed

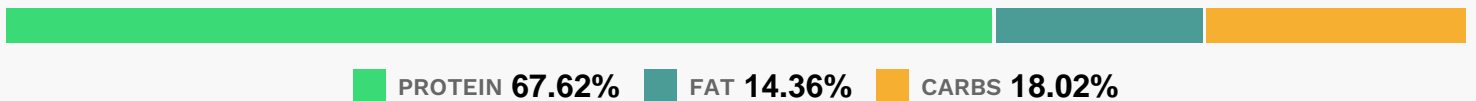
Equipment

- bowl
- oven
- broiler pan

Directions

- Set aside 2 tablespoons pineapple juice. In small bowl, mix pineapple and remaining juice with other salsa ingredients.
- Set oven control to broil. On rack in broiler pan, place fish; spray tops of fish with cooking spray.
- Sprinkle tops of fish with 2 tablespoons reserved pineapple juice, seasoned salt and smoked paprika. Broil with tops 4 to 6 inches from heat 6 to 8 minutes or until fish flakes easily with fork.
- Meanwhile, on each of 4 plates, arrange 1 cup spinach.
- Place broiled fish on spinach. Spoon salsa over fish and spinach.

Nutrition Facts



Properties

Glycemic Index:33.5, Glycemic Load:1.86, Inflammation Score:-10, Nutrition Score:27.700434767682%

Flavonoids

Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.24mg, Catechin: 2.24mg, Catechin: 2.24mg, Catechin: 2.24mg Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg Epicatechin: 0.3mg,

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Nutrients (% of daily need)

Calories: 174.12kcal (8.71%), Fat: 2.84g (4.37%), Saturated Fat: 0.87g (5.47%), Carbohydrates: 8.02g (2.67%), Net Carbohydrates: 5.43g (1.98%), Sugar: 4.24g (4.72%), Cholesterol: 70.87mg (23.62%), Sodium: 391.22mg (17.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.09g (60.19%), Vitamin K: 155.99µg (148.56%), Selenium: 59.89µg (85.56%), Vitamin C: 52.98mg (64.22%), Vitamin A: 3045.66IU (60.91%), Vitamin B12: 2.24µg (37.33%), Manganese: 0.66mg (32.78%), Vitamin B3: 6.12mg (30.58%), Vitamin D: 4.39µg (29.29%), Folate: 117.11µg (29.28%), Phosphorus: 280.74mg (28.07%), Potassium: 760.85mg (21.74%), Magnesium: 77.01mg (19.25%), Vitamin B6: 0.34mg (17%), Iron: 2.19mg (12.19%), Vitamin B2: 0.18mg (10.46%), Copper: 0.21mg (10.37%), Fiber: 2.59g (10.36%), Vitamin E: 1.44mg (9.62%), Vitamin B5: 0.85mg (8.55%), Vitamin B1: 0.11mg (7.36%), Calcium: 67.95mg (6.8%), Zinc: 0.81mg (5.39%)