



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

- ☐ 0.5 cup cucumber diced
- ☐ 0.3 cup mint leaves fresh chopped
- ☐ 2 tablespoons spring onion thinly sliced
- ☐ 8 pineapple juice crushed drained canned
- ☐ 0.5 teaspoon lawry's seasoned salt
- ☐ 0.3 teaspoon paprika smoked
- ☐ 4 cups pkt spinach fresh loosely packed
- ☐ 2 cups strawberries fresh halved

- ☐ 20 oz fish fillet
- ☐ 2 tablespoons red-wine vinegar

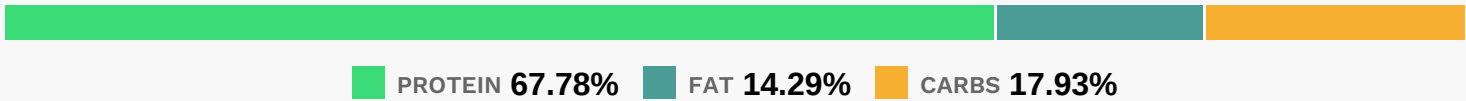
Equipment

- ☐ 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:45, Glycemic Load:1.98, Inflammation Score:-10, Nutrition Score:27.718261158985%

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, Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg

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Nutrients (% of daily need)

Calories: 173.78kcal (8.69%), Fat: 2.82g (4.34%), Saturated Fat: 0.87g (5.45%), Carbohydrates: 7.96g (2.65%), Net Carbohydrates: 5.39g (1.96%), Sugar: 4.16g (4.62%), Cholesterol: 70.87mg (23.62%), Sodium: 391.22mg (17.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.09g (60.18%), Vitamin K: 155.98µg (148.55%), Selenium: 59.88µg (85.55%), Vitamin C: 52.99mg (64.24%), Vitamin A: 3044.76IU (60.9%), Vitamin B12: 2.24µg (37.33%), Manganese: 0.67mg (33.29%), Vitamin B3: 6.11mg (30.57%), Folate: 117.37µg (29.34%), Vitamin D: 4.39µg (29.29%), Phosphorus: 280.76mg (28.08%), Potassium: 760.97mg (21.74%), Magnesium: 76.95mg (19.24%), Vitamin B6: 0.34mg (17.03%), Iron: 2.19mg (12.19%), Vitamin B2: 0.18mg (10.46%), Copper: 0.21mg (10.33%), Fiber: 2.57g (10.27%), Vitamin E: 1.44mg (9.62%), Vitamin B5: 0.86mg (8.56%), Vitamin B1: 0.11mg (7.3%), Calcium: 67.89mg (6.79%), Zinc: 0.81mg (5.4%)