

# Cocoa-Rubbed Salmon with Orange salsa

## Ingredients:

- 2 tablespoons light brown sugar
- 2 teaspoons cocoa powder, unsweetened
- 2 teaspoons coriander, ground
- 1 teaspoon smoked paprika
- 1/2 teaspoon cayenne pepper
- 1 1/2 pounds salmon fillet, cut into 6 portions
- 1 small shallot, thinly sliced
- 2 tablespoons red wine vinegar
- 2 large navel oranges
- 2 tablespoons extra-virgin olive oil
- 2 tablespoons parsley, chopped

## Directions

1. Position a rack in a lower third of oven; preheat to 450°F.
2. Combine brown sugar, cocoa, coriander, paprika, cayenne pepper in a small bowl.
3. Place salmon on a baking sheet and rub with the spice mixture.
4. Roast on the lower rack until just cooked through and still opaque in the middle, 6 — 9 minutes.
5. Combine shallot and vinegar in a small bowl. Let stand for 5 minutes.
6. Zest the oranges. Cut off and discard peel and white pith; coarsely chop the fruit.
7. Add the zest, oranges, parsley, and oil to shallot and stir to combine. Serve salsa with salmon. Serving size 3 ounce salmon and 1/4 cup salsa.

## Nutrition Facts

Serving Size 3 oz. salmon & 1/4 cup salsa (184g)  
 Servings Per Container 6

Amount Per Serving

**Calories 290**    Calories from Fat 150

	% Daily Value*
<b>Total Fat 17g</b>	<b>26%</b>
Saturated Fat 4.5g	<b>23%</b>
Trans Fat 0g	
<b>Cholesterol 55mg</b>	<b>18%</b>
<b>Sodium 380mg</b>	<b>16%</b>
<b>Total Carbohydrate 12g</b>	<b>4%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 9g	

**Protein 23g**

Vitamin A 15%    •    Vitamin C 60%  
 Calcium 6%     •    Iron 4%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
 Fat 9   •    Carbohydrate 4   •    Protein 4

