

Mexican Salmon

Yield: 4 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/spiralize-zucchini-recipe-mexican>

Ingredients:

- 1 1/2 pounds salmon cut into fillets
- 1/4 cup cilantro packed
- 6 ounces tomato paste
- 1 teaspoon guajillo chili powder
- 1 teaspoon chili powder New Mexico
- 1 aleppo teaspoon, flakes
- 1 teaspoon smoked paprika
- 1 teaspoon salt
- 1 teaspoon pepper
- 2 jalapeno peppers 1 1/2 roasted, 1/2 raw
- 2 zucchini
- 2 zucchini squash
- 2 tablespoons old bay seasoning
- 1 tablespoon grapeseed oil
- 1 avocado
- 1/2 cup plain greek yogurt fat-free

Nutrition:

1. Calories: 400 calories
2. Carbohydrate: 21 grams
3. Cholesterol: 90 milligrams
4. Fat: 17 grams
5. Fiber: 8 grams
6. Protein: 40 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 1080 milligrams
9. Sugar: 13 grams

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