



WHATSheATE



HEALTH SCORE

71%

Arctic Char with Cilantro-Yogurt Sauce



Gluten Free



Very Healthy

READY IN



40 min.

SERVINGS



4

CALORIES



279 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



0.3 teaspoon pepper black freshly ground



0.3 cup cucumber peeled finely chopped



2 tablespoons cilantro leaves fresh chopped



0.5 teaspoon juice of lime fresh



2 teaspoons olive oil



0.5 cup yogurt plain 2% greek-style



24 ounce salmon fillet



0.1 teaspoon salt

☐ 0.5 teaspoon salt

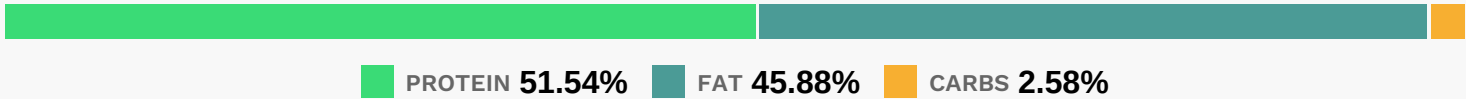
Equipment

☐ frying pan

Directions

- ☐ Combine first 5 ingredients; chill.
- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Sprinkle fillets with 1/2 teaspoon salt and pepper.
- ☐ Add fillets to pan; cook 3 minutes on each side or until done.
- ☐ Serve fillets with sauce and lime wedges, if desired.
- ☐ Wine note: This menu dances beautifully with the Weingut Knoll Loibner Grner Veltliner Federspiel 2007 (\$30). The cool dollop of cucumber yogurt is spun dizzy by citrus notes ranging from tart lime to sweet tangerine, and a long finish of green peppercorn is a subtle counterpoint to the coconut-intensified rice. --Alexander Spacher

Nutrition Facts



Properties

Glycemic Index:24.5, Glycemic Load:0.31, Inflammation Score:-4, Nutrition Score:24.308695705689%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 279.41kcal (13.97%), Fat: 13.8g (21.23%), Saturated Fat: 2.59g (16.18%), Carbohydrates: 1.75g (0.58%), Net Carbohydrates: 1.65g (0.6%), Sugar: 1.55g (1.73%), Cholesterol: 97.53mg (32.51%), Sodium: 452.62mg (19.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.88g (69.76%), Vitamin B12: 5.52µg (92.04%), Selenium: 62.78µg (89.68%), Vitamin B6: 1.41mg (70.32%), Vitamin B3: 13.4mg (67%), Vitamin B2: 0.69mg (40.74%), Phosphorus: 371.41mg (37.14%), Vitamin B5: 2.97mg (29.73%), Vitamin B1: 0.4mg (26.42%), Potassium: 895.78mg (25.59%), Copper: 0.44mg (21.82%), Magnesium: 54.33mg (13.58%), Folate: 46.04µg (11.51%), Zinc: 1.29mg (8.58%),

Iron: 1.42mg (7.92%), Calcium: 59.65mg (5.97%), Manganese: 0.05mg (2.62%), Vitamin K: 2.69µg (2.56%), Vitamin A: 118.83IU (2.38%), Vitamin E: 0.32mg (2.11%)