



Asian Almond Salmon

 Dairy Free  Very Healthy

READY IN



60 min.

SERVINGS



6

CALORIES



441 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup lite asian sesame dressing divided toasted kraft
- 6 green onions divided cut into thin slices,
- 0.5 cup panko bread crumbs
- 1 bell pepper red cut into thin strips
- 1.5 lb salmon fillet skinless
- 0.5 cup planters slivered almonds coarsely chopped
- 1 cup snow peas trimmed
- 1.5 lb sweet potatoes peeled cut into 1-inch pieces (3)

1 Tbsp teriyaki sauce reduced-sodium

Equipment

frying pan

baking sheet

oven

aluminum foil

Directions

Heat oven to 400F.

Toss potatoes with half the dressing; spread onto foil-covered rimmed baking sheet sprayed with cooking spray.

Bake 20 to 25 min. or until potatoes are crisp-tender.

Remove from oven. Spoon potatoes onto half the baking sheet.

Combine bread crumbs, nuts and half the onions in shallow dish.

Pour remaining dressing into separate shallow dish.

Dip fish, 1 fillet at a time, into dressing, then into crumb mixture, turning to evenly coat both sides of each fillet with each ingredient.

Place on baking sheet next to potatoes.

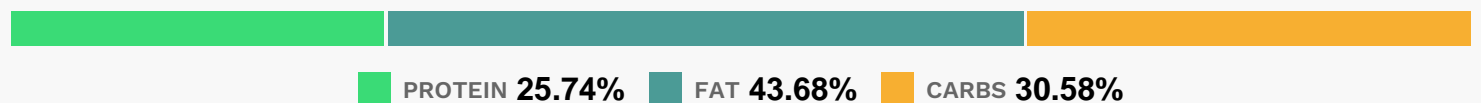
Bake 12 to 15 min. or until potatoes are tender and fish flakes easily with fork. About 5 min. before potatoes and fish are done, heat teriyaki sauce in medium skillet on medium heat.

Add peppers and snow peas; stir-fry just until crisp-tender.

Serve fish with potatoes and pepper mixture.

Sprinkle with remaining onions.

Nutrition Facts



Properties

Glycemic Index:22, Glycemic Load:11.77, Inflammation Score:-10, Nutrition Score:34.524347844331%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg

Nutrients (% of daily need)

Calories: 441.23kcal (22.06%), Fat: 21.53g (33.13%), Saturated Fat: 2.85g (17.8%), Carbohydrates: 33.93g (11.31%), Net Carbohydrates: 27.81g (10.11%), Sugar: 9.36g (10.4%), Cholesterol: 62.37mg (20.79%), Sodium: 475.55mg (20.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.55g (57.1%), Vitamin A: 17058.9IU (341.18%), Vitamin B6: 1.28mg (63.86%), Selenium: 44.27µg (63.25%), Vitamin B12: 3.62µg (60.39%), Vitamin B3: 10.6mg (52.98%), Vitamin C: 40.16mg (48.68%), Vitamin K: 43.93µg (41.84%), Vitamin B2: 0.66mg (39.09%), Phosphorus: 362.21mg (36.22%), Potassium: 1160.67mg (33.16%), Manganese: 0.64mg (32.18%), Vitamin B5: 3.06mg (30.64%), Vitamin B1: 0.45mg (30.28%), Copper: 0.59mg (29.47%), Vitamin E: 4.09mg (27.25%), Magnesium: 98.21mg (24.55%), Fiber: 6.12g (24.47%), Folate: 74.04µg (18.51%), Iron: 2.95mg (16.41%), Zinc: 1.58mg (10.56%), Calcium: 102.75mg (10.27%)