



 **59%**
HEALTH SCORE

Asian Salmon Bowl with Lime Drizzle

 **Gluten Free**  **Very Healthy**

READY IN



45 min.

SERVINGS



4

CALORIES



432 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 10 ounces baby spinach
- 2 teaspoons sesame seeds black
- 1 teaspoon canola oil
- 1 teaspoon cornstarch
- 1 large clove garlic finely chopped
- 1 cup jasmine rice
- 3 tablespoons juice of lime fresh
- 3 tablespoons soy sauce reduced-sodium

- 3 tablespoons maple syrup pure
- 0.3 teaspoon pepper red
- 16 ounces salmon fillet skinless
- 2 teaspoons butter unsalted

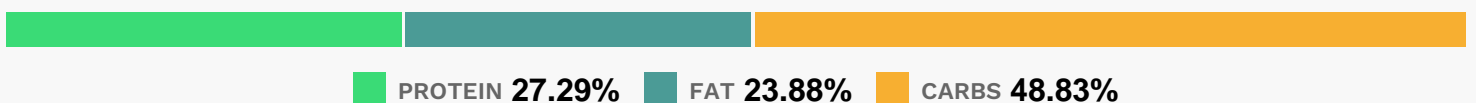
Equipment

- bowl
- frying pan
- baking sheet
- sauce pan
- oven
- aluminum foil

Directions

- Heat oven to 400°F. Cook rice as directed on package. In a small saucepan, melt butter over medium heat. Sauté garlic and pepper flakes until garlic is lightly golden, 1 minute.
- Add syrup, juice and soy sauce; cook until bubbling, 3 minutes. In a bowl, combine cornstarch and 1 teaspoon water; stir into garlic glaze. Cook until slightly thick, 1 minute. Arrange fillets on a foil-lined baking sheet.
- Spread 1 teaspoon glaze over each fillet. Roast until just cooked through, 12 minutes. In a medium skillet, warm oil over medium heat.
- Add 1 package spinach; sauté until just wilted.
- Remove from pan; set aside. Repeat with second package spinach. Divide rice among 4 bowls; top each with 1/4 spinach and 1 salmon fillet, broken into large pieces.
- Drizzle with remaining sauce; sprinkle each with 1/2 teaspoon sesame seeds.

Nutrition Facts



Properties

Glycemic Index:48.67, Glycemic Load:26.38, Inflammation Score:-10, Nutrition Score:38.3447825805%

Flavonoids

Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg Kaempferol: 4.52mg, Kaempferol: 4.52mg, Kaempferol: 4.52mg, Kaempferol: 4.52mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 2.88mg, Quercetin: 2.88mg, Quercetin: 2.88mg, Quercetin: 2.88mg

Nutrients (% of daily need)

Calories: 432.16kcal (21.61%), Fat: 11.36g (17.48%), Saturated Fat: 2.68g (16.73%), Carbohydrates: 52.28g (17.43%), Net Carbohydrates: 49.81g (18.11%), Sugar: 9.61g (10.68%), Cholesterol: 67.74mg (22.58%), Sodium: 544.38mg (23.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.22g (58.44%), Vitamin K: 343.47µg (327.11%), Vitamin A: 6796.52IU (135.93%), Manganese: 1.59mg (79.73%), Selenium: 49.67µg (70.96%), Vitamin B12: 3.61µg (60.17%), Vitamin B6: 1.18mg (59.25%), Vitamin B3: 10.4mg (51.99%), Vitamin B2: 0.81mg (47.87%), Folate: 177.05µg (44.26%), Phosphorus: 344.68mg (34.47%), Potassium: 1104.21mg (31.55%), Magnesium: 116.72mg (29.18%), Vitamin C: 23.53mg (28.52%), Copper: 0.53mg (26.56%), Vitamin B1: 0.37mg (24.75%), Vitamin B5: 2.46mg (24.63%), Iron: 3.57mg (19.83%), Calcium: 130.38mg (13.04%), Zinc: 1.91mg (12.72%), Vitamin E: 1.85mg (12.32%), Fiber: 2.47g (9.88%)