



Asian Salmon Wraps

 Dairy Free  Very Healthy

READY IN



20 min.

SERVINGS



4

CALORIES



308 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon pepper black freshly ground
- 8 ounce water chestnuts drained sliced chopped canned
- 4 9-inch flour tortillas whole wheat () (such as Toufayan)
- 2 teaspoons ginger fresh grated peeled
- 2 garlic cloves minced
- 0.3 cup hoisin sauce
- 1 tablespoon horseradish prepared
- 4 cups napa cabbage shredded chinese ()

- 2 teaspoons orange juice
- 16 ounce salmon fillet (1/)
- 2 tablespoons slivered almonds

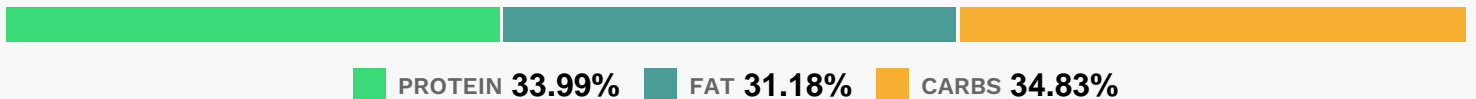
Equipment

- bowl
- frying pan

Directions

- Heat a large nonstick skillet coated with cooking spray over medium-high heat.
- Add almonds and garlic; saut 3 minutes or until toasted. Spoon into a medium bowl. Return pan to medium-high heat.
- Sprinkle pepper evenly over both sides of fish.
- Add fish to pan, and cook 3 minutes on each side or until fish flakes easily when tested with a fork. Break fish into chunks.
- Add fish and water chestnuts to almond mixture in bowl.
- Combine hoisin sauce and next 3 ingredients in a small bowl; stir well.
- Add 1/4 cup hoisin sauce mixture to fish mixture, tossing gently to coat.
- Spread remaining hoisin sauce mixture evenly over tortillas. Spoon 1 cup cabbage and 1 1/4 cups salmon mixture evenly down center of each tortilla; roll up.

Nutrition Facts



Properties

Glycemic Index:51.5, Glycemic Load:1.05, Inflammation Score:-6, Nutrition Score:26.357825673145%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.42mg,

Hesperetin: 0.42mg, Hesperetin: 0.42mg, Hesperetin: 0.42mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 307.84kcal (15.39%), Fat: 10.75g (16.54%), Saturated Fat: 1.5g (9.36%), Carbohydrates: 27.03g (9.01%), Net Carbohydrates: 22.22g (8.08%), Sugar: 10.36g (11.51%), Cholesterol: 63.06mg (21.02%), Sodium: 451.13mg (19.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.38g (52.76%), Vitamin B6: 1.3mg (64.77%), Selenium: 44.06µg (62.94%), Vitamin B12: 3.61µg (60.1%), Vitamin B3: 10.09mg (50.43%), Vitamin B2: 0.6mg (35.51%), Vitamin K: 33.8µg (32.2%), Phosphorus: 307.36mg (30.74%), Vitamin C: 24.95mg (30.24%), Manganese: 0.56mg (28.17%), Potassium: 941.44mg (26.9%), Folate: 104.83µg (26.21%), Copper: 0.5mg (25.07%), Vitamin B5: 2.17mg (21.65%), Vitamin B1: 0.32mg (21.32%), Fiber: 4.81g (19.22%), Magnesium: 70.73mg (17.68%), Iron: 2.47mg (13.72%), Vitamin E: 1.9mg (12.64%), Calcium: 104.23mg (10.42%), Zinc: 1.55mg (10.33%), Vitamin A: 298.5IU (5.97%)