



HEALTH SCORE

82%

Asian-spiced Salmon with Braised Bok Choy



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



315 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons five spice chinese (see notes)
- ☐ 1.5 pounds bok choy
- ☐ 0.8 cup fat-skimmed chicken broth
- ☐ 2 teaspoons garlic minced
- ☐ 4 teaspoons salad oil
- ☐ 1.5 pounds boned salmon fillet with skin (maximum 1 in. thick)
- ☐ 4 servings salt and pepper

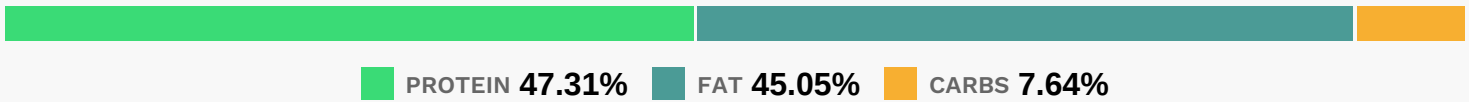
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ spatula

Directions

- ☐ Rinse bok choy; trim off and discard tough stem ends and any bruised parts.
- ☐ Cut the leafy tops crosswise into 2-inch strips; cut the stems crosswise into 1-inch pieces.
- ☐ In a 10- to 12-inch frying pan over high heat, stir garlic in 2 teaspoons oil until sizzling, 1 to 2 minutes.
- ☐ Add bok choy and broth, cover, and cook until thickest stems are just tender when pierced, 4 to 5 minutes; keep warm.
- ☐ Meanwhile, rinse salmon, pat dry, and cut into 4 equal pieces. Rub fish evenly with five spice.
- ☐ Pour remaining 2 teaspoons oil into a 10- to 12-inch frying pan over high heat. When oil is hot, in about 1 minute, lay salmon, skin down, in pan; cook 3 minutes. With a wide spatula, turn fish and cook until it is opaque but still moist-looking in center of thickest part (cut to test), about 3 minutes more.
- ☐ Place salmon in wide bowls and spoon bok choy and broth equally around fish. Season to taste with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:8.75, Glycemic Load:0.2, Inflammation Score:-10, Nutrition Score:42.689130451368%

Flavonoids

Apigenin: 0.41mg, Apigenin: 0.41mg, Apigenin: 0.41mg, Apigenin: 0.41mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 7.37mg, Kaempferol: 7.37mg, Kaempferol: 7.37mg, Kaempferol: 7.37mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 3.53mg, Quercetin: 3.53mg, Quercetin: 3.53mg

Nutrients (% of daily need)

Calories: 314.74kcal (15.74%), Fat: 15.76g (24.25%), Saturated Fat: 2.03g (12.69%), Carbohydrates: 6.01g (2%), Net Carbohydrates: 3.77g (1.37%), Sugar: 2.09g (2.32%), Cholesterol: 93.55mg (31.18%), Sodium: 554.09mg (24.09%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.24g (74.48%), Vitamin A: 7679IU (153.58%), Vitamin C: 77.75mg (94.24%), Selenium: 64.26µg (91.8%), Vitamin B12: 5.49µg (91.57%), Vitamin B6: 1.77mg (88.43%), Vitamin K: 80.27µg (76.45%), Vitamin B3: 14.58mg (72.88%), Vitamin B2: 0.79mg (46.25%), Phosphorus: 425.51mg (42.55%), Folate: 155.61µg (38.9%), Potassium: 1331.38mg (38.04%), Vitamin B1: 0.47mg (31.36%), Vitamin B5: 3.07mg (30.68%), Copper: 0.51mg (25.28%), Iron: 4.1mg (22.79%), Calcium: 226.16mg (22.62%), Magnesium: 88.4mg (22.1%), Manganese: 0.41mg (20.42%), Zinc: 1.62mg (10.82%), Fiber: 2.24g (8.97%), Vitamin E: 0.85mg (5.7%)