



Baked Salmon with a Green Onion Garnish



Gluten Free



Very Healthy

READY IN



45 min.

SERVINGS



5

CALORIES



308 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup cucumber diced peeled seeded
- ☐ 1 teaspoon sesame oil dark
- ☐ 1 tablespoon optional: dill fresh chopped
- ☐ 8 green onion tops split
- ☐ 1 teaspoon honey
- ☐ 2 teaspoons horseradish prepared
- ☐ 0.5 teaspoon soya sauce low-sodium
- ☐ 2 pound salmon fillet thick 2 inches

- ☐ 2 teaspoons mustard stone-ground
- ☐ 8 ounce carton yogurt plain low-fat

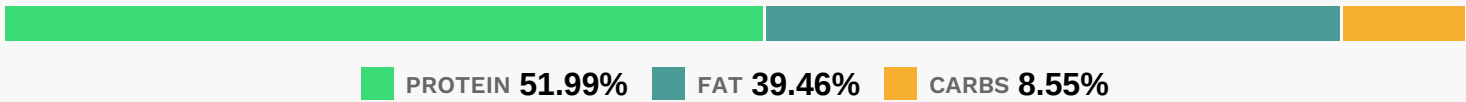
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ spatula

Directions

- ☐ Spoon yogurt onto several layers of heavy-duty paper towels; spread to 1/2-inch thickness. Cover with additional paper towels, and let stand 5 minutes.
- ☐ Scrape into a bowl using a rubber spatula.
- ☐ Combine the yogurt, cucumber, and the next 4 ingredients (cucumber through honey); cover and refrigerate.
- ☐ Preheat oven to 42
- ☐ Place fillet on a jelly-roll pan coated with cooking spray.
- ☐ Brush fillet with oil and soy sauce. Bring water to a boil in a medium saucepan; add onion strips. Cook 10 seconds or until limp.
- ☐ Drain. Arrange onion strips over fillet.
- ☐ Bake at 425 for 20 minutes or until fillet flakes easily when tested with a fork.
- ☐ Serve with yogurt sauce.

Nutrition Facts



Properties

Glycemic Index:36.25, Glycemic Load:0.98, Inflammation Score:-6, Nutrition Score:29.733913014764%

Flavonoids

Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Quercetin: 2.09mg, Quercetin: 2.09mg, Quercetin: 2.09mg, Quercetin: 2.09mg

Nutrients (% of daily need)

Calories: 307.78kcal (15.39%), Fat: 13.15g (20.23%), Saturated Fat: 2.36g (14.76%), Carbohydrates: 6.41g (2.14%), Net Carbohydrates: 5.66g (2.06%), Sugar: 5.16g (5.74%), Cholesterol: 102.51mg (34.17%), Sodium: 163.43mg (7.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.97g (77.94%), Vitamin B12: 6.02µg (100.4%), Selenium: 68.6µg (98%), Vitamin B6: 1.53mg (76.45%), Vitamin B3: 14.45mg (72.23%), Vitamin B2: 0.81mg (47.59%), Phosphorus: 441.81mg (44.18%), Vitamin K: 40.96µg (39.01%), Vitamin B5: 3.34mg (33.44%), Potassium: 1077.26mg (30.78%), Vitamin B1: 0.45mg (29.92%), Copper: 0.49mg (24.42%), Magnesium: 67.68mg (16.92%), Folate: 66.15µg (16.54%), Calcium: 123.25mg (12.32%), Zinc: 1.7mg (11.33%), Iron: 1.86mg (10.33%), Vitamin A: 304.34IU (6.09%), Vitamin C: 4.98mg (6.04%), Manganese: 0.09mg (4.32%), Fiber: 0.75g (3.01%)