



Baked Salmon with Wasabi Sauce



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



474 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 fillet salmon fillet
- ☐ 1.3 teaspoons salt
- ☐ 1 teaspoon pepper
- ☐ 1 tablespoon olive oil
- ☐ 0.5 cup mayonnaise
- ☐ 0.5 cup cilantro leaves fresh loosely packed
- ☐ 1 clove garlic finely chopped
- ☐ 1 tablespoon ginger grated

- ☐ 2 teaspoons wasabi powder
- ☐ 3 tablespoons juice of lime
- ☐ 0.5 teaspoon sugar
- ☐ 0.3 cup spring onion sliced

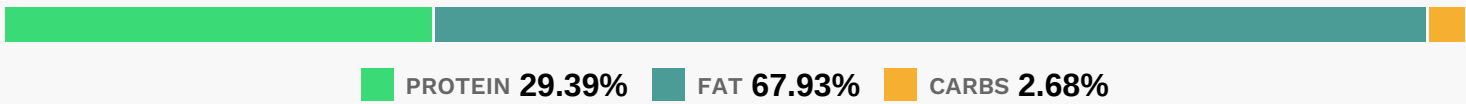
Equipment

- ☐ food processor
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 400°F. Spray cookie sheet with cooking spray.
- ☐ Place salmon, skin side down, on cookie sheet.
- ☐ Sprinkle with 1 teaspoon of the salt and the pepper; drizzle with oil.
- ☐ Bake 15 to 20 minutes or until salmon flakes easily with fork.
- ☐ Meanwhile, in food processor, place mayonnaise, cilantro, garlic, gingerroot, wasabi powder, lime juice, sugar and remaining 1/4 teaspoon salt. Cover; process with on-and-off pulses until cilantro is finely chopped.
- ☐ Transfer salmon to individual serving plates; top with wasabi sauce.
- ☐ Sprinkle with onions.

Nutrition Facts



Properties

Glycemic Index:65.27, Glycemic Load:0.7, Inflammation Score:-5, Nutrition Score:27.869130839472%

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 Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.8mg, Quercetin: 1.8mg, Quercetin: 1.8mg, Quercetin: 1.8mg

Nutrients (% of daily need)

Calories: 474.26kcal (23.71%), Fat: 35.29g (54.29%), Saturated Fat: 5.44g (34.01%), Carbohydrates: 3.13g (1.04%), Net Carbohydrates: 2.65g (0.97%), Sugar: 1.05g (1.17%), Cholesterol: 105.26mg (35.09%), Sodium: 982.07mg (42.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.36g (68.71%), Vitamin B12: 5.44µg (90.66%), Selenium: 62.91µg (89.87%), Vitamin B6: 1.42mg (70.94%), Vitamin B3: 13.46mg (67.3%), Vitamin K: 67.79µg (64.56%), Vitamin B2: 0.66mg (39.07%), Phosphorus: 353.66mg (35.37%), Vitamin B5: 2.92mg (29.23%), Vitamin B1: 0.4mg (26.51%), Potassium: 899.38mg (25.7%), Copper: 0.46mg (22.86%), Magnesium: 54.41mg (13.6%), Folate: 50.65µg (12.66%), Vitamin E: 1.54mg (10.28%), Iron: 1.66mg (9.22%), Zinc: 1.2mg (8.03%), Vitamin C: 5.62mg (6.81%), Manganese: 0.13mg (6.69%), Vitamin A: 292.08IU (5.84%), Calcium: 35.04mg (3.5%), Fiber: 0.48g (1.92%)