



 **57%**
HEALTH SCORE

Chia Crusted Salmon with Soy Bok Choy

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



25 min.

SERVINGS



4

CALORIES



491 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 baby bok choy halved
- 0.3 cup chia seeds black
- 0.3 cup dijon mustard
- 4 servings kosher salt and pepper black freshly ground
- 2 tablespoons maple syrup
- 24 ounce salmon fillet skinless
- 3 tablespoons soya sauce
- 2 tablespoons sriracha

0.3 cup vegetable oil

Equipment

frying pan

baking sheet

oven

Directions

Preheat the oven to 350 degrees F. Stir together the mustard, Sriracha and 1/2 teaspoon each salt and pepper, and then rub all over the salmon.

Spread the chia seeds on a plate, and then place what would be the skin-side of the salmon on the seeds, pressing lightly to coat.

Heat the oil in a large heavy skillet over medium-high heat until hot. Sear the salmon in two batches, seeded-side down, until browned around the edges and the seeds are set and form a crust, about 3 minutes per batch.

Transfer the salmon, seeded-side up, to a baking sheet.

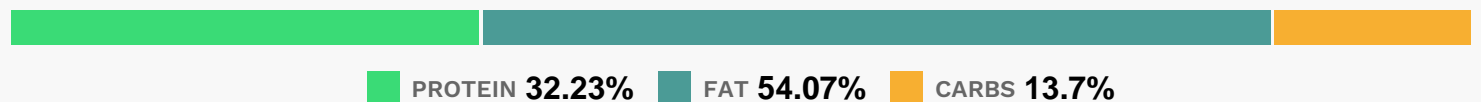
Transfer to the oven and bake until just cooked through, 6 to 8 minutes.

Wipe out the skillet.

While salmon bakes, put the bok choy in the skillet with the soy sauce, maple syrup and 1/4 cup water. Cover, bring the liquid to a simmer and cook until the bok choy is tender, about 8 minutes. Uncover and continue to cook until the liquid forms a glaze, 4 to 6 minutes.

Serve the salmon with the bok choy.

Nutrition Facts



Properties

Glycemic Index:28.88, Glycemic Load:2.62, Inflammation Score:-10, Nutrition Score:40.347826418669%

Nutrients (% of daily need)

Calories: 491.08kcal (24.55%), Fat: 29.33g (45.12%), Saturated Fat: 4.26g (26.65%), Carbohydrates: 16.72g (5.57%), Net Carbohydrates: 9.89g (3.6%), Sugar: 7.66g (8.51%), Cholesterol: 93.55mg (31.18%), Sodium: 1248.57mg

(54.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.34g (78.69%), Selenium: 75.31µg (107.59%), Vitamin A: 5126.31IU (102.53%), Vitamin B12: 5.41µg (90.15%), Vitamin B3: 15.27mg (76.33%), Vitamin B6: 1.44mg (71.98%), Vitamin C: 56mg (67.88%), Phosphorus: 497.26mg (49.73%), Vitamin B2: 0.83mg (49.04%), Manganese: 0.79mg (39.56%), Vitamin B1: 0.52mg (34.58%), Copper: 0.59mg (29.45%), Vitamin B5: 2.94mg (29.36%), Magnesium: 112.25mg (28.06%), Potassium: 976.29mg (27.89%), Fiber: 6.83g (27.3%), Calcium: 258.47mg (25.85%), Vitamin K: 25.61µg (24.39%), Iron: 3.89mg (21.62%), Folate: 53.39µg (13.35%), Zinc: 1.97mg (13.16%), Vitamin E: 1.25mg (8.32%)