



Coconut-Crusted Salmon with Tamarind Barbecue Sauce

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



411 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.5 teaspoon brown sugar
- ☐ 1 teaspoon canola oil
- ☐ 0.5 teaspoon sesame oil dark
- ☐ 1 tablespoon ginger fresh grated peeled
- ☐ 2 garlic clove minced
- ☐ 0.3 teaspoon ground coriander

- ☐ 0.3 teaspoon ground pepper red
- ☐ 0.1 teaspoon turmeric
- ☐ 0.5 teaspoon kosher salt
- ☐ 3 tablespoons panko bread crumbs (Japanese breadcrumbs)
- ☐ 24 ounce salmon fillet ()
- ☐ 0.5 cup shallots chopped
- ☐ 1 tablespoon soy sauce sweet
- ☐ 3 tablespoons coconut sweetened flaked
- ☐ 3 tablespoons tamarind
- ☐ 1 tablespoon tomato paste
- ☐ 1 cup water hot

Equipment

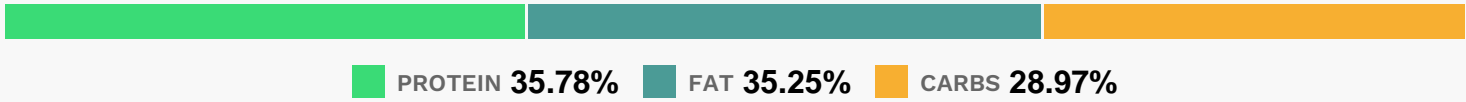
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven

Directions

- ☐ To prepare sauce, heat canola oil in a medium saucepan over medium-high heat.
- ☐ Add shallots to pan; saut 2 minutes, stirring frequently.
- ☐ Add ginger and garlic; saut 1 minute, stirring constantly.
- ☐ Add tomato paste; cook 1 minute, stirring constantly.
- ☐ Add 1 cup hot water, Tamarind Extract, brown sugar, and ground red pepper; bring to a boil. Reduce heat, and simmer 10 minutes, stirring occasionally.
- ☐ Remove from heat; stir in sweet soy sauce and dark sesame oil.
- ☐ Preheat oven to 40
- ☐ To prepare salmon, combine panko, coconut, and turmeric in a shallow bowl.
- ☐ Sprinkle salmon evenly with salt, coriander, and pepper. Dredge fillets in panko mixture.

- ☐
- Heat a large ovenproof skillet over medium heat. Coat pan with cooking spray.
- ☐
- Add salmon fillets to pan, skin side up; cook 2 minutes. Carefully turn fillets over; place skillet in oven.
- ☐
- Bake at 400 for 6 minutes or until fish flakes easily when tested with a fork or until desired degree of doneness.

Nutrition Facts



Properties

Glycemic Index:63.5, Glycemic Load:5.82, Inflammation Score:-7, Nutrition Score:28.467825931052%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 410.91kcal (20.55%), Fat: 15.98g (24.58%), Saturated Fat: 4.88g (30.53%), Carbohydrates: 29.54g (9.85%), Net Carbohydrates: 26.23g (9.54%), Sugar: 15.51g (17.23%), Cholesterol: 93.55mg (31.18%), Sodium: 575mg (25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.49g (72.99%), Selenium: 66.76µg (95.37%), Vitamin B12: 5.44µg (90.59%), Vitamin B6: 1.55mg (77.4%), Vitamin B3: 14.38mg (71.92%), Vitamin B2: 0.71mg (41.84%), Phosphorus: 401.41mg (40.14%), Vitamin B1: 0.53mg (35.37%), Potassium: 1118.54mg (31.96%), Vitamin B5: 3.01mg (30.1%), Copper: 0.55mg (27.47%), Magnesium: 79.01mg (19.75%), Manganese: 0.36mg (17.84%), Folate: 63.39µg (15.85%), Iron: 2.79mg (15.47%), Fiber: 3.31g (13.24%), Zinc: 1.47mg (9.83%), Calcium: 63.05mg (6.3%), Vitamin C: 4.32mg (5.24%), Vitamin A: 186.38IU (3.73%), Vitamin E: 0.43mg (2.86%), Vitamin K: 2.62µg (2.49%)