



HEALTH SCORE

100%

Crispy Skin Salmon with Fiery Asian Slaw



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



347 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon balsamic vinegar
- ☐ 0.3 teaspoon pepper black
- ☐ 16 ounce cabbage-and-carrot coleslaw
- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 1 teaspoon bottled ground ginger fresh
- ☐ 0.5 teaspoon honey
- ☐ 1 tablespoon olive oil
- ☐ 0.3 cup orange juice fresh

- ☐ 1 tablespoon rice vinegar
- ☐ 24 ounce salmon fillet
- ☐ 0.8 teaspoon salt divided
- ☐ 1 tablespoon sesame seed toasted
- ☐ 2 teaspoons sriracha hot (chile sauce)

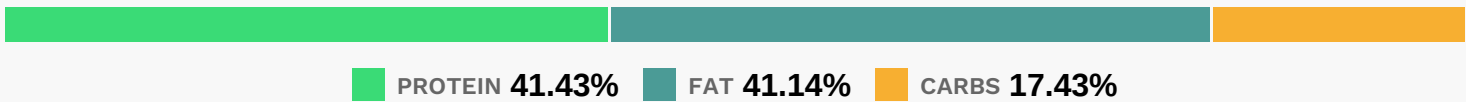
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Heat a large nonstick skillet over medium-high heat.
- ☐ Sprinkle salmon fillets evenly with 1/4 teaspoon salt and pepper. Coat pan with cooking spray.
- ☐ Add salmon to pan, skin side down; cook 4 minutes. Turn salmon over; cook 3 minutes.
- ☐ Add orange juice to pan; cook 30 seconds or until liquid almost evaporates and fish flakes easily when tested with a fork.
- ☐ While fish cooks, combine rice vinegar and next 5 ingredients (through honey) in a large bowl, stirring with a whisk.
- ☐ Add remaining 1/2 teaspoon salt, cilantro, and coleslaw; toss well to coat.
- ☐ Sprinkle with 1 tablespoon sesame seeds.
- ☐ Serve salmon with slaw.

Nutrition Facts



Properties

Glycemic Index:87.53, Glycemic Load:5.24, Inflammation Score:-10, Nutrition Score:34.811739175216%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.33mg, Quercetin: 1.33mg, Quercetin: 1.33mg, Quercetin: 1.33mg

Nutrients (% of daily need)

Calories: 346.97kcal (17.35%), Fat: 15.62g (24.04%), Saturated Fat: 2.35g (14.67%), Carbohydrates: 14.89g (4.96%), Net Carbohydrates: 11.29g (4.1%), Sugar: 8.06g (8.96%), Cholesterol: 93.55mg (31.18%), Sodium: 644.53mg (28.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.4g (70.8%), Vitamin A: 19182.54IU (383.65%), Selenium: 63.23µg (90.33%), Vitamin B12: 5.41µg (90.15%), Vitamin B6: 1.58mg (78.99%), Vitamin B3: 14.71mg (73.57%), Vitamin B2: 0.73mg (42.82%), Phosphorus: 398.27mg (39.83%), Potassium: 1263.41mg (36.1%), Vitamin B1: 0.49mg (32.76%), Vitamin B5: 3.19mg (31.89%), Copper: 0.58mg (28.79%), Vitamin K: 23.55µg (22.43%), Manganese: 0.44mg (22.1%), Vitamin C: 16.48mg (19.98%), Magnesium: 74.11mg (18.53%), Folate: 72.12µg (18.03%), Fiber: 3.61g (14.43%), Iron: 2.24mg (12.42%), Zinc: 1.56mg (10.41%), Vitamin E: 1.32mg (8.78%), Calcium: 83.34mg (8.33%)