



Crunchy Wasabi Salmon with Lime



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



537 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons juice of lime fresh
- ☐ 1 tablespoon lime zest finely grated
- ☐ 4 servings lime wedges
- ☐ 2 tablespoons olive oil divided
- ☐ 6 cups cabbage red thinly sliced ()
- ☐ 32 ounce salmon fillet with skin (each 1 inch to 1 1/4 inches thick)
- ☐ 8 ounce sugar snap peas trimmed
- ☐ 3 ounces wasabi peas

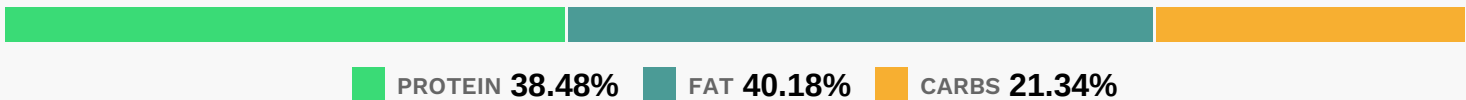
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 400°F. Blend wasabi peas in processor until ground but with some coarsely crushed pieces. Lightly oil rimmed baking sheet. Arrange salmon fillets, skin side down, on prepared baking sheet.
- ☐ Sprinkle fish with salt. Press ground wasabi peas onto tops of salmon fillets to adhere, covering tops completely.
- ☐ Sprinkle grated lime peel over salmon; drizzle with 1 tablespoon oil. Roast salmon just until opaque in center, about 10 minutes.
- ☐ Meanwhile, heat remaining 1 tablespoon oil in large nonstick skillet over medium-high heat.
- ☐ Add cabbage and sugar snap peas; sauté until vegetables are crisp-tender, about 5 minutes. Season to taste with salt and pepper.
- ☐ Transfer 1 salmon fillet to each of 4 plates.
- ☐ Drizzle with lime juice. Mound cabbage-snap pea mixture alongside.
- ☐ Garnish with lime wedges and serve.

Nutrition Facts



Properties

Glycemic Index:24, Glycemic Load:2.31, Inflammation Score:-10, Nutrition Score:46.235652094302%

Flavonoids

Cyanidin: 280.12mg, Cyanidin: 280.12mg, Cyanidin: 280.12mg, Cyanidin: 280.12mg Delphinidin: 0.13mg, Delphinidin: 0.13mg, Delphinidin: 0.13mg, Delphinidin: 0.13mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 1.75mg, Hesperetin: 1.75mg, Hesperetin: 1.75mg, Hesperetin: 1.75mg Naringenin: 0.11mg, Naringenin:

0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 536.8kcal (26.84%), Fat: 23.84g (36.68%), Saturated Fat: 3.95g (24.69%), Carbohydrates: 28.48g (9.49%), Net Carbohydrates: 24.1g (8.76%), Sugar: 8.97g (9.96%), Cholesterol: 124.74mg (41.58%), Sodium: 308.54mg (13.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 51.38g (102.75%), Vitamin C: 116.03mg (140.64%), Vitamin B12: 7.21µg (120.2%), Selenium: 84µg (119.99%), Vitamin B6: 2.23mg (111.44%), Vitamin B3: 18.74mg (93.7%), Vitamin K: 69.45µg (66.14%), Vitamin B2: 1mg (58.88%), Iron: 9.75mg (54.16%), Phosphorus: 525.19mg (52.52%), Vitamin B1: 0.69mg (45.71%), Potassium: 1560.5mg (44.59%), Vitamin B5: 4.41mg (44.1%), Vitamin A: 2201.9IU (44.04%), Copper: 0.64mg (31.91%), Folate: 105.49µg (26.37%), Magnesium: 101.49mg (25.37%), Manganese: 0.5mg (25.03%), Fiber: 4.38g (17.51%), Zinc: 1.91mg (12.71%), Calcium: 113.62mg (11.36%), Vitamin E: 1.4mg (9.32%)