



Cumin-Coriander Crusted Salmon



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



259 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 2 tablespoons cilantro leaves fresh finely chopped
- ☐ 0.3 teaspoon ground coriander
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.3 teaspoon kosher salt
- ☐ 4 lemon wedges
- ☐ 1 teaspoon olive oil
- ☐ 24 ounce salmon fillet

☐ 1 tablespoon shallots finely chopped

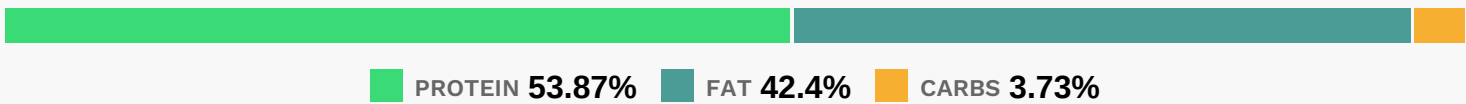
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ roasting pan

Directions

- ☐ Combine cilantro, shallots, oil, cumin, coriander, salt, and pepper in a small bowl, stirring to form a paste.
- ☐ Place fish, skin side down, in a shallow baking dish. Coat top of fish with cilantro mixture. Cover; refrigerate 1 hour.
- ☐ Preheat oven to 40
- ☐ Arrange fish on the rack of a roasting pan coated with cooking spray, and place rack in pan.
- ☐ Bake at 400 for 10 minutes or until fish flakes easily when tested with a fork or until desired degree of doneness.
- ☐ Serve with lemon wedges.

Nutrition Facts



Properties

Glycemic Index:31.13, Glycemic Load:0.42, Inflammation Score:-4, Nutrition Score:24.313478340273%

Flavonoids

Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 259.07kcal (12.95%), Fat: 11.92g (18.34%), Saturated Fat: 1.82g (11.38%), Carbohydrates: 2.36g (0.79%), Net Carbohydrates: 1.66g (0.61%), Sugar: 0.65g (0.73%), Cholesterol: 93.55mg (31.18%), Sodium: 221.45mg (9.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.08g (68.17%), Vitamin B12: 5.41µg (90.15%), Selenium: 62.24µg (88.92%), Vitamin B6: 1.42mg (70.81%), Vitamin B3: 13.41mg (67.05%), Vitamin B2: 0.65mg (38.36%), Phosphorus: 346.63mg (34.66%), Vitamin B5: 2.87mg (28.75%), Vitamin B1: 0.4mg (26.35%), Potassium: 875.46mg (25.01%), Copper: 0.44mg (21.99%), Magnesium: 52.89mg (13.22%), Vitamin C: 9.84mg (11.93%), Folate: 45.52µg (11.38%), Iron: 1.71mg (9.49%), Zinc: 1.13mg (7.53%), Manganese: 0.07mg (3.39%), Calcium: 30.02mg (3%), Fiber: 0.7g (2.8%), Vitamin A: 89.45IU (1.79%), Vitamin K: 1.46µg (1.39%), Vitamin E: 0.19mg (1.24%)