



HEALTH SCORE

57%

Curried Salmon with Tomato Jam



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



541 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon cider vinegar
- ☐ 1.5 cups rice hot cooked
- ☐ 2 teaspoons curry powder
- ☐ 0.5 teaspoon basil dried
- ☐ 0.3 cup currants dried
- ☐ 1 tablespoon flour all-purpose
- ☐ 2 teaspoons ginger fresh minced peeled
- ☐ 0.5 cup onion chopped

- ☐ 12 ounce skinned salmon fillets ()
- ☐ 0.3 teaspoon salt
- ☐ 2.5 cups tomatoes diced
- ☐ 1 teaspoon vegetable oil

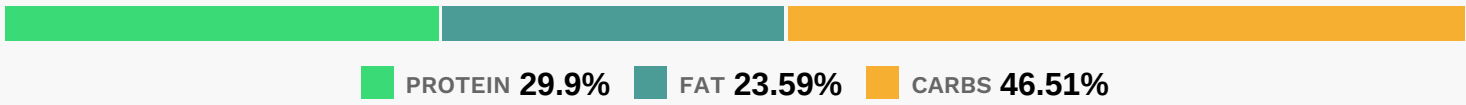
Equipment

- ☐ frying pan

Directions

- ☐ To prepare salmon, combine the first 4 ingredients in a shallow dish. Dredge salmon in flour mixture. Reserve remaining flour mixture for tomato jam.
- ☐ Heat the oil in a large nonstick skillet coated with cooking spray over medium–high heat.
- ☐ Add salmon; cook 4 minutes on each side or until golden and fish flakes easily when tested with a fork.
- ☐ Remove salmon from pan; keep warm.
- ☐ To prepare tomato jam, place pan over medium–high heat.
- ☐ Add tomato, onion, and ginger; saut 1 minute. Stir in reserved flour mixture, currants, and vinegar; bring to a boil. Cook until reduced to 1 cup (about 10 minutes). Spoon 3/4 cup rice onto each of 2 plates; top each serving with 1 salmon fillet and 1/4 cup tomato jam.
- ☐ Note: Store remaining tomato jam in refrigerator for up to 3 days.

Nutrition Facts



Properties

Glycemic Index:167, Glycemic Load:44.04, Inflammation Score:–9, Nutrition Score:38.139130509418%

Flavonoids

Naringenin: 1.27mg, Naringenin: 1.27mg, Naringenin: 1.27mg, Naringenin: 1.27mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 9.2mg, Quercetin: 9.2mg, Quercetin: 9.2mg, Quercetin: 9.2mg

9.2mg

Nutrients (% of daily need)

Calories: 541.11kcal (27.06%), Fat: 14.16g (21.78%), Saturated Fat: 2.25g (14.05%), Carbohydrates: 62.79g (20.93%), Net Carbohydrates: 57.71g (20.99%), Sugar: 18g (20%), Cholesterol: 93.55mg (31.18%), Sodium: 387.31mg (16.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.37g (80.73%), Selenium: 72.94µg (104.2%), Vitamin B12: 5.41µg (90.15%), Vitamin B6: 1.78mg (89.15%), Vitamin B3: 15.61mg (78.03%), Manganese: 1.09mg (54.74%), Phosphorus: 478.26mg (47.83%), Potassium: 1569.91mg (44.85%), Vitamin B2: 0.76mg (44.79%), Vitamin B1: 0.56mg (37.3%), Vitamin C: 29.65mg (35.94%), Copper: 0.72mg (35.92%), Vitamin B5: 3.54mg (35.38%), Vitamin A: 1655.02IU (33.1%), Magnesium: 103.44mg (25.86%), Vitamin K: 25.9µg (24.67%), Folate: 94.35µg (23.59%), Fiber: 5.08g (20.32%), Iron: 3.54mg (19.68%), Zinc: 2.26mg (15.04%), Vitamin E: 1.74mg (11.59%), Calcium: 92.67mg (9.27%)