



## Eli's Asian Salmon

 Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



5

CALORIES



438 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1.5 teaspoons chili paste depending on your taste pref
- 1 tablespoon sesame oil dark toasted ()
- 1 tablespoon fish sauce
- 2 tablespoons ginger fresh minced
- 8 large cloves garlic minced
- 0.3 cup juice of lemon freshly squeezed (2 lemons)
- 2 tablespoons oyster sauce
- 1.5 cups panko bread crumbs (Japanese bread crumbs)

- 0.3 cup rice vinegar
- 2.3 pounds center-cut salmon fillet thick ()
- 0.5 cup scallions sliced (2 scallions)
- 1 cup soya sauce

## Equipment

- frying pan
- oven
- baking pan
- kitchen thermometer
- aluminum foil

## Directions

- Line an 8 by 12-inch baking pan with aluminum foil.
- Place the salmon in the pan.
- In a mixing cup, combine the soy sauce, rice vinegar, lemon juice, oyster sauce, fish sauce, sesame oil, chili paste, scallions, garlic, and ginger.
- Pour 1/3 of soy sauce mixture over the salmon fillet.
- Sprinkle the panko evenly over the fillet.
- Pour the rest of the soy sauce mixture evenly over the panko. Be sure to soak the panko completely and if any runs off, spoon back onto the salmon. Set aside for 15 minutes, leaving all the sauce in the pan.
- Meanwhile, preheat the oven to 500 degrees F. Roast the salmon for 18 to 20 minutes, or for about 12 minutes per inch at the thickest part of the salmon. The internal temperature will be 120 degrees F on a meat thermometer when it's done.
- Remove from the oven, wrap tightly with aluminum foil, and allow to rest for 15 minutes.
- Serve hot or at room temperature.

## Nutrition Facts



■ PROTEIN 45.42% ■ FAT 35.4% ■ CARBS 19.18%

## Properties

Glycemic Index:28.4, Glycemic Load:1, Inflammation Score:-6, Nutrition Score:35.226086966369%

## Flavonoids

Eriodictyol: 0.6mg, Eriodictyol: 0.6mg, Eriodictyol: 0.6mg, Eriodictyol: 0.6mg Hesperetin: 1.77mg, Hesperetin: 1.77mg, Hesperetin: 1.77mg, Hesperetin: 1.77mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg

## Nutrients (% of daily need)

Calories: 437.6kcal (21.88%), Fat: 16.86g (25.93%), Saturated Fat: 2.64g (16.52%), Carbohydrates: 20.55g (6.85%), Net Carbohydrates: 18.89g (6.87%), Sugar: 2.81g (3.12%), Cholesterol: 112.26mg (37.42%), Sodium: 3296.09mg (143.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 48.68g (97.35%), Selenium: 80.91µg (115.58%), Vitamin B12: 6.6µg (110.01%), Vitamin B3: 19.4mg (97.01%), Vitamin B6: 1.88mg (93.89%), Vitamin B2: 0.95mg (55.69%), Phosphorus: 514.35mg (51.44%), Vitamin B1: 0.68mg (45.6%), Vitamin B5: 3.73mg (37.33%), Potassium: 1224.91mg (35%), Copper: 0.66mg (33.24%), Manganese: 0.55mg (27.65%), Magnesium: 97.53mg (24.38%), Folate: 91µg (22.75%), Iron: 3.92mg (21.78%), Vitamin K: 22.37µg (21.31%), Zinc: 1.89mg (12.63%), Vitamin C: 8.5mg (10.31%), Calcium: 88.7mg (8.87%), Fiber: 1.66g (6.65%), Vitamin A: 185.93IU (3.72%)