



Gingered Salmon Over Black Rice with Bok Choy

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



676 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 heads baby bok choy halved
- 1 teaspoon sesame seed black
- 1 teaspoon canola oil
- 2 tablespoons ginger fresh grated
- 1 tablespoon soya sauce low-sodium
- 2 teaspoons maple syrup pure
- 2 teaspoons mirin

- 1.5 teaspoons olive oil
- 1 cup japonica rice black
- 12 oz salmon fillet wild
- 1 pinch salt
- 2 teaspoons scallions chopped
- 2 teaspoons seasoned rice vinegar
- 1 shallots minced

Equipment

- bowl
- frying pan
- whisk

Directions

- In a pan, bring rice, salt and 2 cups water to a boil over high heat. Cover, reduce heat to low and simmer until water has absorbed, 40 to 45 minutes. Fluff and set aside.
- In a bowl, whisk soy sauce, ginger, maple syrup, vinegar and mirin.
- When rice has 15 minutes left to cook, heat olive oil in a large saut pan over medium-high heat. Saut shallot for 1 minute. Reduce heat to medium.
- Add bok choy; cook for 2 minutes per side.
- Transfer bok choy to a plate. Wipe pan clean.
- In same pan, heat canola oil over medium-high heat.
- Add salmon and half of soy-ginger mixture. Cook fish for 4 minutes per side.
- Transfer to plate with bok choy. Warm remaining soy-ginger mixture in pan over medium heat.
- Divide rice between 2 plates. Top with salmon and bok choy.
- Sprinkle with sesame seeds and scallions.
- Drizzle with warmed sauce.

Nutrition Facts



■ PROTEIN 25.31% ■ FAT 23.18% ■ CARBS 51.51%

Properties

Glycemic Index:129.84, Glycemic Load:46.98, Inflammation Score:-6, Nutrition Score:32.392609015755%

Flavonoids

Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 676.17kcal (33.81%), Fat: 16.98g (26.13%), Saturated Fat: 2.49g (15.54%), Carbohydrates: 84.92g (28.31%), Net Carbohydrates: 82.95g (30.16%), Sugar: 6.69g (7.43%), Cholesterol: 93.55mg (31.18%), Sodium: 429.38mg (18.67%), Alcohol: 0.5g (100%), Alcohol %: 0.2% (100%), Protein: 41.73g (83.46%), Selenium: 76.67µg (109.53%), Vitamin B12: 5.41µg (90.15%), Vitamin B6: 1.62mg (80.97%), Vitamin B3: 15.08mg (75.4%), Manganese: 1.31mg (65.58%), Phosphorus: 476.96mg (47.7%), Vitamin B2: 0.81mg (47.57%), Vitamin B5: 3.85mg (38.46%), Copper: 0.7mg (35.11%), Vitamin B1: 0.48mg (31.68%), Potassium: 1064.9mg (30.43%), Magnesium: 89.04mg (22.26%), Zinc: 2.37mg (15.79%), Folate: 60.71µg (15.18%), Iron: 2.61mg (14.5%), Fiber: 1.98g (7.91%), Calcium: 74.72mg (7.47%), Vitamin K: 7.57µg (7.21%), Vitamin E: 0.95mg (6.36%), Vitamin A: 133.07IU (2.66%), Vitamin C: 2.18mg (2.64%)