



Green Tea Salmon with Quinoa

 Dairy Free  Very Healthy

READY IN



30 min.

SERVINGS



4

CALORIES



427 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tea bag green black
- ☐ 4 cups broccoli florets cut into 1-inch pieces
- ☐ 1 cup edamame frozen shelled
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 0.5 teaspoon ginger grated peeled
- ☐ 4 servings kosher salt
- ☐ 1 tablespoon soya sauce low-sodium
- ☐ 2 tablespoons pepitas hulled pumpkin seeds

- ☐ 1 cup quinoa rinsed drained well
- ☐ 16 ounce center-cut salmon fillets skinless
- ☐ 3 scallions white green separated chopped and parts
- ☐ 1 teaspoons sriracha Asian chile sauce

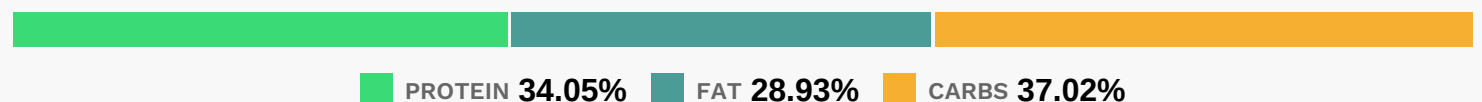
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ spatula

Directions

- ☐ Place the quinoa in a medium saucepan over medium-high heat and cook, stirring, until dry, about 3 minutes.
- ☐ Add 1 1/2 cups water and the Sriracha and bring to a boil. Reduce the heat to low, cover and simmer until the water is absorbed, about 12 minutes.
- ☐ Remove from the heat.
- ☐ Bring 1 1/2 cups water, the tea bag, soy sauce, ginger and scallion whites to a gentle simmer in a medium skillet over medium heat.
- ☐ Add the salmon and cook until just opaque, 3 to 4 minutes per side.
- ☐ Transfer the salmon to a plate using a slotted spatula; discard the tea bag.
- ☐ Add the broccoli and edamame to the remaining liquid in the skillet; season with salt. Cover and cook, stirring occasionally, until crisp-tender, about 5 minutes; drain.
- ☐ Add the cilantro to the quinoa.
- ☐ Serve topped with the salmon, broccoli and edamame.
- ☐ Sprinkle with the scallion greens and pepitas.
- ☐ Photograph by Justin Walker

Nutrition Facts



Properties

Glycemic Index:30.25, Glycemic Load:1.35, Inflammation Score:-9, Nutrition Score:41.15478262694%

Flavonoids

Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg Kaempferol: 7.26mg, Kaempferol: 7.26mg, Kaempferol: 7.26mg, Kaempferol: 7.26mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 4.46mg, Quercetin: 4.46mg, Quercetin: 4.46mg, Quercetin: 4.46mg

Nutrients (% of daily need)

Calories: 427.01kcal (21.35%), Fat: 13.83g (21.28%), Saturated Fat: 1.95g (12.22%), Carbohydrates: 39.83g (13.28%), Net Carbohydrates: 32.39g (11.78%), Sugar: 2.87g (3.19%), Cholesterol: 62.37mg (20.79%), Sodium: 448.55mg (19.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.63g (73.27%), Vitamin K: 114.94µg (109.47%), Vitamin C: 83.99mg (101.81%), Selenium: 47.83µg (68.33%), Manganese: 1.34mg (66.88%), Vitamin B6: 1.32mg (65.82%), Vitamin B12: 3.61µg (60.1%), Phosphorus: 553.38mg (55.34%), Vitamin B3: 10.5mg (52.49%), Folate: 175.01µg (43.75%), Magnesium: 170.3mg (42.58%), Vitamin B2: 0.7mg (41.15%), Potassium: 1336.58mg (38.19%), Vitamin B1: 0.5mg (33.01%), Copper: 0.66mg (32.93%), Fiber: 7.44g (29.75%), Iron: 5.17mg (28.7%), Vitamin B5: 2.8mg (28.01%), Zinc: 2.88mg (19.21%), Vitamin A: 777.87IU (15.56%), Vitamin E: 1.95mg (12.99%), Calcium: 117.74mg (11.77%)