



HEALTH SCORE

82%

Grilled Thai salmon



Dairy Free



Very Healthy

READY IN



15 min.

SERVINGS



4

CALORIES



254 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 560 g salmon fillet
- ☐ 2 tsp unrefined sunflower oil
- ☐ 1 small knob ginger grated peeled
- ☐ 1 to 5 chilies red finely sliced (deseed if you want less heat)
- ☐ 1 bunch spring onion finely sliced
- ☐ 1.5 tbsp soy sauce sweet
- ☐ 0.3 tsp sugar
- ☐ 20 g cilantro leaves chopped

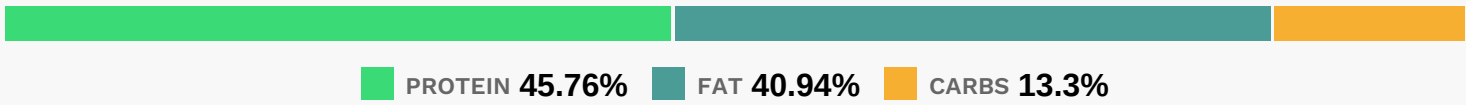
Equipment

- ☐ baking pan
- ☐ grill
- ☐ wok

Directions

- ☐ Heat grill to high.
- ☐ Place the fish in a shallow baking dish, then grill for 4–5 mins until cooked through, but still a little pink in the centre. Cover and set aside.
- ☐ Heat a wok, add the oil, then stir-fry the ginger, chilli and spring onions for 2–3 mins. Stir in the soy, sugar and a splash of water, then take off the heat. Throw in the coriander and serve immediately with the salmon. Delicious with rice or noodles.

Nutrition Facts



Properties

Glycemic Index:48.52, Glycemic Load:0.66, Inflammation Score:-6, Nutrition Score:22.942173693491%

Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 3.29mg, Quercetin: 3.29mg, Quercetin: 3.29mg, Quercetin: 3.29mg

Nutrients (% of daily need)

Calories: 254.47kcal (12.72%), Fat: 11.22g (17.25%), Saturated Fat: 1.6g (10.02%), Carbohydrates: 8.2g (2.73%), Net Carbohydrates: 7.73g (2.81%), Sugar: 6g (6.66%), Cholesterol: 77mg (25.67%), Sodium: 187.41mg (8.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.21g (56.41%), Vitamin B12: 4.45µg (74.2%), Selenium: 51.24µg (73.2%), Vitamin B6: 1.21mg (60.68%), Vitamin B3: 11.23mg (56.16%), Vitamin B2: 0.55mg (32.63%), Phosphorus: 289.54mg (28.95%), Vitamin K: 29.62µg (28.21%), Vitamin B5: 2.39mg (23.86%), Vitamin C: 18.66mg (22.61%), Vitamin B1: 0.33mg (22.08%), Potassium: 765.88mg (21.88%), Copper: 0.38mg (19.07%), Magnesium: 45.79mg (11.45%), Vitamin A: 560.32IU (11.21%), Folate: 44.56µg (11.14%), Iron: 1.41mg (7.86%), Vitamin E: 1.16mg (7.74%), Zinc: 0.97mg (6.5%), Manganese: 0.07mg (3.75%), Calcium: 26.09mg (2.61%), Fiber: 0.47g (1.88%)