



HEALTH SCORE

60%

Hoisin-glazed Wild Alaska Salmon in Ginger Broth



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



367 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 carrots cut into thin strips
- ☐ 21 ounce condensed chicken broth undiluted canned
- ☐ 1 tablespoon garlic-chili sauce
- ☐ 1 tablespoon fish sauce
- ☐ 0.5 bunch cilantro leaves fresh chopped
- ☐ 1 inch ginger fresh sliced
- ☐ 0.5 bunch green onions chopped

- ☐ 4 servings garnishes: green onions fresh chopped
- ☐ 0.3 cup hoisin sauce
- ☐ 1 lemongrass stalk
- ☐ 6 cups napa cabbage shredded
- ☐ 1 tablespoon oil
- ☐ 24 ounce alaska salmon fillets wild
- ☐ 1 zucchini cut into thin strips

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Combine first 5 ingredients in a large saucepan; bring to a boil. Reduce heat, and simmer 20 minutes.
- ☐ Remove ginger and lemongrass; discard.
- ☐ Meanwhile, heat oil in a large ovenproof skillet over medium-high heat.
- ☐ Add fillets, skin-side up; cook 2 to 3 minutes or until browned. Turn fillets over, and brush browned flesh of each fillet with 1 tablespoon hoisin.
- ☐ Place skillet in oven.
- ☐ Bake at 450 for 7 to 10 minutes or until desired degree of doneness.
- ☐ Add carrots and zucchini to broth mixture. Simmer 5 minutes, and add cabbage. Simmer 2 more minutes or until cabbage is wilted.
- ☐ Add green onions and cilantro. Spoon broth into bowls; top with salmon.
- ☐ Garnish, if desired.

Nutrition Facts



 **PROTEIN 41.54%**  **FAT 38.6%**  **CARBS 19.86%**

Properties

Glycemic Index:51.21, Glycemic Load:1.95, Inflammation Score:-10, Nutrition Score:41.336957102237%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg

Nutrients (% of daily need)

Calories: 367.17kcal (18.36%), Fat: 15.68g (24.12%), Saturated Fat: 2.15g (13.44%), Carbohydrates: 18.16g (6.05%), Net Carbohydrates: 14.73g (5.36%), Sugar: 10.38g (11.54%), Cholesterol: 97.05mg (32.35%), Sodium: 1345.47mg (58.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.97g (75.94%), Vitamin A: 5758.15IU (115.16%), Selenium: 64.3µg (91.86%), Vitamin B12: 5.46µg (91.01%), Vitamin B6: 1.82mg (90.98%), Vitamin B3: 15.09mg (75.46%), Vitamin K: 67.44µg (64.23%), Vitamin B2: 0.9mg (53.17%), Vitamin C: 43.02mg (52.15%), Phosphorus: 420.79mg (42.08%), Potassium: 1434.68mg (40.99%), Folate: 160.46µg (40.11%), Vitamin B1: 0.51mg (34.11%), Vitamin B5: 3.18mg (31.76%), Manganese: 0.58mg (28.78%), Copper: 0.57mg (28.48%), Magnesium: 92.96mg (23.24%), Calcium: 144.22mg (14.42%), Iron: 2.51mg (13.92%), Fiber: 3.43g (13.71%), Zinc: 1.81mg (12.04%), Vitamin E: 1.24mg (8.25%)