



 **93%**  
HEALTH SCORE

## Honey and Sesame-Glazed Salmon with Confetti Barley Salad

 Dairy Free  Very Healthy

READY IN



40 min.

SERVINGS



4

CALORIES



450 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 teaspoon chili flakes
- 3 tablespoons honey
- 0.3 cup soya sauce low-sodium
- 0.8 cup pearled barley
- 16 ounce stir-fry vegetables frozen chopped
- 16 ounce salmon fillet skinless
- 0.3 cup scallions chopped

- 1.5 teaspoons sesame oil toasted
- 1 tablespoon sesame seed divided toasted

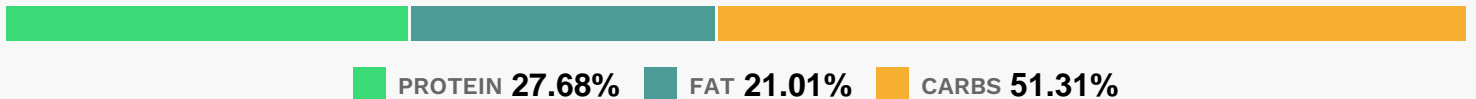
## Equipment

- baking sheet
- sauce pan
- oven
- pot

## Directions

- Preheat oven to 40
- Bring a large pot of salted water to a boil.
- Add barley, return to a boil, and boil until tender, 30 minutes.
- Add vegetable medley during last 3 minute of cooking.
- Drain, cool slightly, toss with 2 teaspoons sesame seeds and reserve.
- Combine honey, soy sauce, sesame oil and chili flakes. Reserve 4 tablespoons of mixture.
- Place salmon on a baking sheet, and brush with honey-**soy** mixture.
- Bake until salmon is flaky, 15 minutes.
- Place reserved sauce in a small saucepan over low heat and keep warm.
- Divide barley mixture among 4 plates, top with a salmon fillet and 1 tablespoon warmed sauce, and sprinkle with scallions and remaining sesame seeds.

## Nutrition Facts



## Properties

Glycemic Index:41.07, Glycemic Load:11.77, Inflammation Score:-10, Nutrition Score:33.512173901434%

## Flavonoids

Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

## **Nutrients (% of daily need)**

Calories: 449.64kcal (22.48%), Fat: 10.78g (16.59%), Saturated Fat: 1.68g (10.49%), Carbohydrates: 59.27g (19.76%), Net Carbohydrates: 48.3g (17.56%), Sugar: 13.47g (14.97%), Cholesterol: 62.37mg (20.79%), Sodium: 684.22mg (29.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.97g (63.93%), Vitamin A: 5911.52IU (118.23%), Selenium: 56.94µg (81.34%), Vitamin B3: 12.4mg (61.99%), Vitamin B12: 3.61µg (60.1%), Vitamin B6: 1.19mg (59.27%), Manganese: 0.93mg (46.6%), Fiber: 10.97g (43.88%), Phosphorus: 418.93mg (41.89%), Vitamin B2: 0.63mg (36.79%), Vitamin B1: 0.49mg (32.81%), Copper: 0.65mg (32.4%), Potassium: 994.39mg (28.41%), Magnesium: 109.49mg (27.37%), Vitamin B5: 2.25mg (22.46%), Folate: 83.16µg (20.79%), Iron: 3.61mg (20.05%), Zinc: 2.38mg (15.87%), Vitamin C: 13.05mg (15.82%), Vitamin K: 14.1µg (13.43%), Calcium: 82.97mg (8.3%), Vitamin E: 0.18mg (1.21%)