



Lime & ginger salmon



Gluten Free



Dairy Free



Very Healthy

READY IN



25 min.

SERVINGS



2

CALORIES



400 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 juice of lime
- ☐ 1 piece ginger grated
- ☐ 2 garlic clove crushed
- ☐ 2 tsp soy sauce low-sodium
- ☐ 2 tbsp rice vinegar
- ☐ 2 fillet salmon fillet skinless
- ☐ 100 ml chicken stock low-sodium
- ☐ 140 g baby corns halved

- ☐ 175 g broccoli
- ☐ 4 baby bok choy halved
- ☐ 1 small bunch spring onion sliced

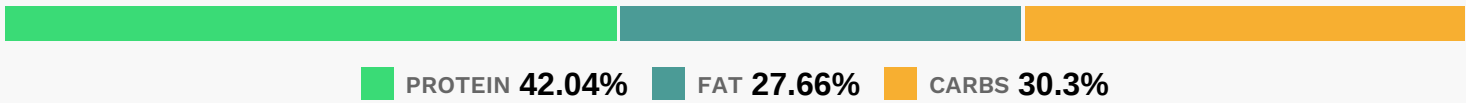
Equipment

- ☐ frying pan
- ☐ baking pan
- ☐ grill
- ☐ wok

Directions

- ☐ Mix the lime juice, ginger, garlic, soy and vinegar with some black pepper.
- ☐ Pour half over the salmon fillets and leave to marinate for 10 mins.
- ☐ Heat the grill to High.
- ☐ Lay the salmon on a non-stick baking tray and grill for 5–6 mins each side or until cooked through. Meanwhile, heat a wok with the remaining marinade and the stock, add the baby corn and broccoli, stir-fry for about 5 mins, then add the pak choi and cook for 2 mins more.
- ☐ Serve the salmon on top of the vegetables with any sauce from the pan and sprinkle with the spring onions.

Nutrition Facts



Properties

Glycemic Index:107.25, Glycemic Load:8.9, Inflammation Score:-10, Nutrition Score:46.754782946213%

Flavonoids

Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 2.69mg, Hesperetin: 2.69mg, Hesperetin: 2.69mg, Hesperetin: 2.69mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Kaempferol: 7.03mg, Kaempferol: 7.03mg, Kaempferol: 7.03mg, Kaempferol: 7.03mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 4.34mg, Quercetin: 4.34mg, Quercetin: 4.34mg, Quercetin: 4.34mg

Nutrients (% of daily need)

Calories: 400.02kcal (20%), Fat: 12.55g (19.31%), Saturated Fat: 2.01g (12.58%), Carbohydrates: 30.94g (10.31%), Net Carbohydrates: 24.12g (8.77%), Sugar: 7.9g (8.78%), Cholesterol: 93.5mg (31.17%), Sodium: 460.82mg (20.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.92g (85.84%), Vitamin C: 195.97mg (237.54%), Vitamin A: 10989.13IU (219.78%), Vitamin K: 114.6µg (109.15%), Selenium: 65.03µg (92.9%), Vitamin B12: 5.46µg (90.93%), Vitamin B6: 1.72mg (85.8%), Vitamin B3: 16mg (79.98%), Vitamin B2: 0.83mg (49.09%), Phosphorus: 490.43mg (49.04%), Potassium: 1418.72mg (40.53%), Vitamin B5: 3.97mg (39.72%), Vitamin B1: 0.53mg (35.63%), Calcium: 335.53mg (33.55%), Folate: 127.21µg (31.8%), Copper: 0.57mg (28.3%), Fiber: 6.82g (27.27%), Iron: 4.4mg (24.44%), Magnesium: 97.23mg (24.31%), Manganese: 0.44mg (22.06%), Zinc: 2.09mg (13.94%), Vitamin E: 0.91mg (6.07%)