



Masters Marinated Salmon

 Very Healthy

READY IN



155 min.

SERVINGS



6

CALORIES



470 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup chardonnay dry
- ☐ 0.5 cup coconut milk
- ☐ 1 tablespoon cilantro leaves fresh
- ☐ 1 inch ginger root fresh with the tip of a spoon, and quartered
- ☐ 1 tablespoon curry paste green
- ☐ 3 stalks lemongrass fresh with the side of a knife and cut into manageable lengths 2 inches
- ☐ 1 mangos peeled sliced
- ☐ 2 tablespoons olive oil

- ☐ 0.5 cup orange juice
- ☐ 48 ounce salmon
- ☐ 3 scallions white green
- ☐ 1 shallots peeled quartered
- ☐ 0.3 cup soya sauce
- ☐ 0.3 cup sambal oelek chili sauce

Equipment

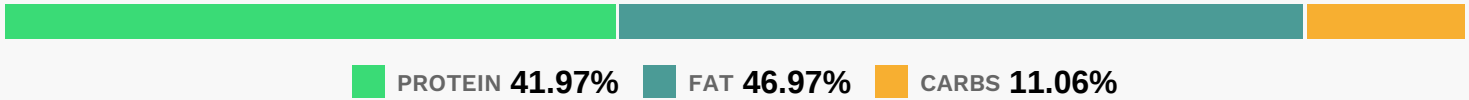
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ blender
- ☐ oven mitt

Directions

- ☐ Add 1 at a time through the feed opening of a running blender, the mango, tender parts of lemongrass, cilantro, scallions, shallot, and ginger root until they begin to form a paste. Leave the blender running and through the feed opening add the curry paste and sriracha chili sauce and blend together for a few seconds, then continue by adding the liquids 1 at a time: Chardonnay, soy sauce, orange juice, and coconut milk. Reserve half of this mixture in a small bowl to make into a sauce.
- ☐ Arrange the salmon in a shallow bowl and pour the other half of the mixture over the fish. Cover and let marinate refrigerated for at least 2 hours.
- ☐ Preheat oven to 350 degrees F.
- ☐ Transfer the reserved sauce mixture to a small saucepan and cook over medium-high heat until it begins to bubble and thicken.
- ☐ Heat the olive oil in an oven-safe skillet and sear each side of the salmon (skin side down first) without disturbing for the first 3 to 4 minutes of sear time on each side. (This allows the surface to caramelize, so the fish won't tear apart when you flip it.)

- ☐
- Transfer the pan to the oven to finish the fish – a further 5 to 7 minutes, depending upon the thickness of the fillets. Do not overcook the fish. It is done when it springs back upon being lightly prodded. Use an oven mitt to remove the pan from the oven (that handle will be hot).
- ☐
- Transfer salmon to a platter and let rest.
- ☐
- Strain the sauce and spoon over the salmon fillets.

Nutrition Facts



Properties

Glycemic Index:56.63, Glycemic Load:4.42, Inflammation Score:-8, Nutrition Score:37.319130565809%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg

Nutrients (% of daily need)

Calories: 469.99kcal (23.5%), Fat: 23.53g (36.19%), Saturated Fat: 6.57g (41.03%), Carbohydrates: 12.46g (4.15%), Net Carbohydrates: 11.35g (4.13%), Sugar: 7.61g (8.45%), Cholesterol: 124.74mg (41.58%), Sodium: 910.28mg (39.58%), Alcohol: 2.1g (100%), Alcohol %: 0.73% (100%), Protein: 47.3g (94.59%), Vitamin B12: 7.21µg (120.2%), Selenium: 83.25µg (118.93%), Vitamin B6: 1.98mg (99.03%), Vitamin B3: 18.82mg (94.1%), Vitamin B2: 0.92mg (54.31%), Phosphorus: 509.95mg (50.99%), Vitamin B5: 3.99mg (39.89%), Potassium: 1390.82mg (39.74%), Vitamin C: 32.5mg (39.4%), Vitamin B1: 0.57mg (37.75%), Copper: 0.7mg (35.22%), Manganese: 0.7mg (34.91%), Folate: 93.96µg (23.49%), Magnesium: 93.58mg (23.4%), Iron: 3.71mg (20.63%), Vitamin A: 980.23IU (19.6%), Vitamin K: 17.18µg (16.36%), Zinc: 1.89mg (12.57%), Vitamin E: 1.04mg (6.95%), Calcium: 55.69mg (5.57%), Fiber: 1.11g (4.43%)