



 **73%**
HEALTH SCORE

Orange-Ginger Salmon with Sautéed Greens



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



238 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 1.5 teaspoons brown sugar
- ☐ 1 teaspoon sesame oil dark
- ☐ 3 cups basil fresh coarsely chopped
- ☐ 2 teaspoons ginger fresh grated peeled
- ☐ 2 garlic cloves minced
- ☐ 3 tablespoons soya sauce low-sodium
- ☐ 1 teaspoon orange zest fresh finely grated

- ☐ 16 ounce salmon fillet skinless ()
- ☐ 0.3 teaspoon salt
- ☐ 16 cups pkt spinach fresh trimmed
- ☐ 2 teaspoons vegetable oil

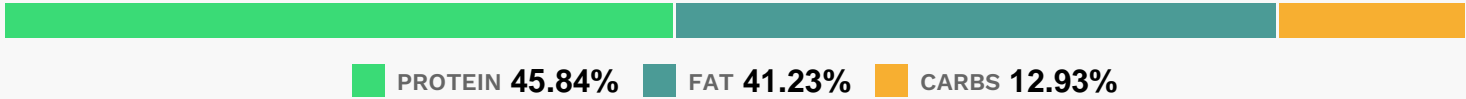
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ aluminum foil
- ☐ ziploc bags

Directions

- ☐ Combine the soy sauce, ginger, brown sugar, and orange zest in a zip-top plastic bag.
- ☐ Add the fish and marinate 20 minutes (or longer in refrigerator).
- ☐ Remove the fish; reserve marinade.
- ☐ Heat the vegetable oil in a large nonstick skillet over medium-high heat.
- ☐ Add the fish and cook 3 minutes, without turning. Reduce heat to medium, turn the fish, and cover. Cook 3 minutes or until just cooked through.
- ☐ Transfer to a plate, cover with foil, and keep warm.
- ☐ Return the skillet to the heat. To make glaze, pour the marinade into the skillet and bring to a boil. Simmer 1 minute.
- ☐ Transfer to a bowl and cover with foil. Wipe out skillet with a paper towel.
- ☐ Return the skillet to medium-high heat.
- ☐ Add half the basil, salt, pepper, garlic, spinach, and 3 tablespoons water. Cover and cook 2 minutes, or until the spinach is wilted.
- ☐ Transfer to a bowl and repeat with remaining basil, salt, pepper, garlic, spinach, and water.
- ☐ Combine with other spinach and toss with sesame oil.
- ☐ Divide the greens among 4 plates. Top with the salmon, drizzle with glaze, and serve.

Nutrition Facts



Properties

Glycemic Index:44.75, Glycemic Load:0.85, Inflammation Score:-10, Nutrition Score:40.241739065751%

Flavonoids

Luteolin: 0.89mg, Luteolin: 0.89mg, Luteolin: 0.89mg, Luteolin: 0.89mg Kaempferol: 7.66mg, Kaempferol: 7.66mg, Kaempferol: 7.66mg, Kaempferol: 7.66mg Myricetin: 0.44mg, Myricetin: 0.44mg, Myricetin: 0.44mg, Myricetin: 0.44mg Quercetin: 4.79mg, Quercetin: 4.79mg, Quercetin: 4.79mg, Quercetin: 4.79mg

Nutrients (% of daily need)

Calories: 237.71kcal (11.89%), Fat: 11.08g (17.04%), Saturated Fat: 1.69g (10.56%), Carbohydrates: 7.81g (2.6%), Net Carbohydrates: 4.68g (1.7%), Sugar: 2.11g (2.34%), Cholesterol: 62.37mg (20.79%), Sodium: 723.59mg (31.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.71g (55.43%), Vitamin K: 658.7µg (627.34%), Vitamin A: 12249.84IU (245%), Folate: 279µg (69.75%), Manganese: 1.39mg (69.44%), Vitamin B6: 1.23mg (61.53%), Selenium: 42.95µg (61.36%), Vitamin B12: 3.61µg (60.1%), Vitamin B3: 10.11mg (50.53%), Vitamin C: 38.16mg (46.25%), Vitamin B2: 0.7mg (41.34%), Potassium: 1334.67mg (38.13%), Magnesium: 148.65mg (37.16%), Phosphorus: 318.49mg (31.85%), Iron: 4.95mg (27.48%), Copper: 0.52mg (26.18%), Vitamin B1: 0.36mg (24.31%), Vitamin B5: 2.06mg (20.57%), Vitamin E: 2.83mg (18.89%), Calcium: 173.16mg (17.32%), Fiber: 3.13g (12.53%), Zinc: 1.63mg (10.84%)