



Pan-Roasted Salmon with Ginger and Curry



Gluten Free



Dairy Free



Very Healthy

READY IN



15 min.

SERVINGS



2

CALORIES



314 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon curry powder
- ☐ 2 teaspoons ginger fresh minced peeled
- ☐ 1 tablespoon olive oil
- ☐ 12 ounces salmon fillet dry with skin, patted
- ☐ 3 spring onion chopped

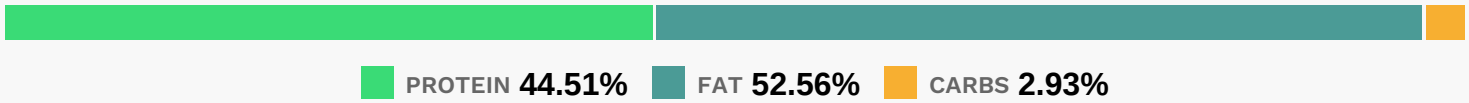
Equipment

- ☐ frying pan

Directions

- ☐ Stir together ginger and curry and season with salt and pepper. Pat spice mixture onto flesh sides of salmon.
- ☐ Heat oil in a nonstick skillet over moderate heat until hot but not smoking, then cook salmon, skin sides down, covered, 5 minutes. Turn salmon over and cook, covered, until just cooked through, about 2 minutes more.
- ☐ Add scallions to skillet with salmon and cook 30 seconds.

Nutrition Facts



Properties

Glycemic Index:26, Glycemic Load:0.33, Inflammation Score:-5, Nutrition Score:26.679565129073%

Flavonoids

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: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Quercetin: 1.92mg, Quercetin: 1.92mg, Quercetin: 1.92mg, Quercetin: 1.92mg

Nutrients (% of daily need)

Calories: 314.03kcal (15.7%), Fat: 17.97g (27.65%), Saturated Fat: 2.67g (16.67%), Carbohydrates: 2.26g (0.75%), Net Carbohydrates: 1.42g (0.52%), Sugar: 0.48g (0.53%), Cholesterol: 93.55mg (31.18%), Sodium: 78.64mg (3.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.24g (68.48%), Vitamin B12: 5.41µg (90.15%), Selenium: 62.38µg (89.11%), Vitamin B6: 1.42mg (70.85%), Vitamin B3: 13.51mg (67.57%), Vitamin K: 42.47µg (40.45%), Vitamin B2: 0.66mg (39.07%), Phosphorus: 351.02mg (35.1%), Vitamin B5: 2.85mg (28.48%), Vitamin B1: 0.4mg (26.49%), Potassium: 906.96mg (25.91%), Copper: 0.45mg (22.64%), Magnesium: 56.33mg (14.08%), Folate: 55.8µg (13.95%), Iron: 1.97mg (10.97%), Vitamin E: 1.33mg (8.88%), Zinc: 1.21mg (8.04%), Manganese: 0.1mg (5.17%), Vitamin A: 257.36IU (5.15%), Vitamin C: 3.6mg (4.36%), Calcium: 38.54mg (3.85%), Fiber: 0.84g (3.36%)