



WHATSheATE



Pan-Seared Salmon with Ginger-Lime Sauce and Peanuts



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



469 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup asian basil chopped
- ☐ 3 cups hothouse cucumbers cold julienned crisp seeded drained
- ☐ 3 tablespoons fish sauce
- ☐ 1 teaspoon garlic finely chopped
- ☐ 2 cloves garlic sliced
- ☐ 3 tablespoons ginger minced
- ☐ 3 tablespoons juice of lime

- ☐ 3 tablespoons roasted peanuts chopped
- ☐ 24 ounce salmon fillet skinless
- ☐ 3 tablespoons sugar
- ☐ 3 thai bird chiles chopped
- ☐ 0.3 cup vegetable oil
- ☐ 3 tablespoons water

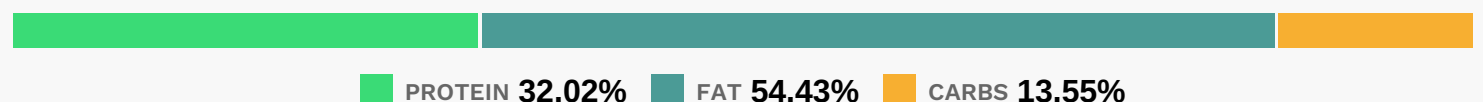
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Heat the vegetable oil in a large non-stick frying pan over moderate heat. Cook the salmon fillets (2 pieces at a time), until they're golden and just done, 3 to 4 minutes on each side depending on the thickness. About 2 minutes before the salmon is done, add the garlic slices to the oil to flavor the fish. (If the fillets are thick, cover and cook a few minutes longer.)
- ☐ Remove the salmon and garlic and drain on paper towels.
- ☐ Combine the cucumber with the basil in a small bowl.
- ☐ Place a small amount of the cucumber mixture on individual plates. Arrange the salmon fillet on top and garnish with the cucumber mixture and sprinkle a few pieces of the cooked garlic on top.
- ☐ Drizzle with 2 tablespoons of the Ginger-Lime Sauce, top with peanuts and serve immediately.
- ☐ Combine the garlic, chiles, sugar, ginger, fish sauce, lime juice, and water in a small bowl and stir well.
- ☐ Let the flavors develop by setting the sauce aside for 30 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:57.52, Glycemic Load:6.85, Inflammation Score:-7, Nutrition Score:30.756087344626%

Flavonoids

Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg

Nutrients (% of daily need)

Calories: 469.02kcal (23.45%), Fat: 28.37g (43.64%), Saturated Fat: 4.34g (27.15%), Carbohydrates: 15.9g (5.3%), Net Carbohydrates: 14.14g (5.14%), Sugar: 11.33g (12.59%), Cholesterol: 93.55mg (31.18%), Sodium: 1171.54mg (50.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.55g (75.09%), Selenium: 64.42µg (92.03%), Vitamin B12: 5.47µg (91.23%), Vitamin B6: 1.58mg (79.07%), Vitamin B3: 15mg (74.98%), Vitamin B2: 0.7mg (41.07%), Phosphorus: 400.83mg (40.08%), Vitamin K: 41.18µg (39.22%), Vitamin B5: 3.24mg (32.41%), Potassium: 1129.99mg (32.29%), Vitamin B1: 0.45mg (30.16%), Copper: 0.59mg (29.5%), Magnesium: 103.63mg (25.91%), Manganese: 0.39mg (19.58%), Folate: 76.99µg (19.25%), Vitamin C: 9.98mg (12.1%), Iron: 2.05mg (11.37%), Zinc: 1.52mg (10.12%), Vitamin E: 1.23mg (8.21%), Fiber: 1.76g (7.05%), Vitamin A: 294.97IU (5.9%), Calcium: 58.63mg (5.86%)