



Ponzu Grilled Salmon with Golden Beet Couscous

 Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



494 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons brown sugar
- ☐ 0.5 teaspoon cornstarch
- ☐ 0.1 teaspoon pepper red crushed
- ☐ 1 teaspoon olive oil extravirgin
- ☐ 1.5 cups golden beets peeled thinly sliced quartered
- ☐ 1 cup regular couscous uncooked
- ☐ 1 tablespoon juice of lime fresh

- ☐ 3 tablespoons soy sauce low-sodium
- ☐ 0.5 cup orange juice fresh
- ☐ 2 tablespoons rice wine (rice wine)
- ☐ 24 ounce salmon fillet with skin ()
- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons shallots peeled thinly sliced (1 large)
- ☐ 1 cup pkt spinach raw trimmed
- ☐ 2 cups water

Equipment

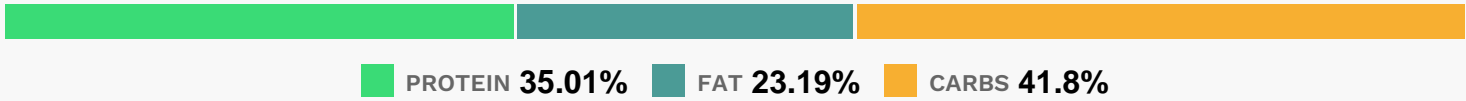
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ grill

Directions

- ☐ Preheat grill.
- ☐ To prepare couscous, heat the olive oil in a large nonstick skillet over medium-high heat.
- ☐ Add shallots and beets; saut 5 minutes or until shallots are tender and just beginning to brown. Stir in couscous; cook 1 minute, stirring frequently.
- ☐ Add water and salt; cover and simmer 8 minutes or until couscous is tender.
- ☐ Remove from heat; stir in spinach. Toss gently until combined and spinach wilts. Keep warm.
- ☐ To prepare sauce, combine orange juice and next 6 ingredients (through red pepper) in a small saucepan, stirring well with a whisk; bring to a boil over medium-high heat. Cook for 1 minute.
- ☐ To prepare fish, brush cut sides of fillets with 1/4 cup sauce; place, skin sides up, on grill rack coated with cooking spray. Grill salmon, skin sides up, 2 minutes. Turn salmon fillets; brush with remaining 1/4 cup sauce. Grill 3 minutes or until fish flakes easily when tested with a fork or desired degree of doneness.

☐ Serve with couscous and lime wedges, if desired. Wild Alaskan salmon is in season this time of year, and you can find it in supermarkets and fish markets across the country. Its rich flavor is worth paying a bit more. The ponzu sauce may be made up to a day ahead and refrigerated. Golden beets add sweetness and beautiful color, but don't stain like red beets. Israeli couscous has lovely pearl-like grains that are much larger than regular couscous. Use regular couscous if you can't find Israeli.

Nutrition Facts



Properties

Glycemic Index:60.75, Glycemic Load:24.22, Inflammation Score:-8, Nutrition Score:34.229564915533%

Flavonoids

Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg Hesperetin: 4.04mg, Hesperetin: 4.04mg, Hesperetin: 4.04mg Naringenin: 0.68mg, Naringenin: 0.68mg, Naringenin: 0.68mg, Naringenin: 0.68mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg

Nutrients (% of daily need)

Calories: 494.08kcal (24.7%), Fat: 12.29g (18.91%), Saturated Fat: 1.89g (11.81%), Carbohydrates: 49.82g (16.61%), Net Carbohydrates: 45.74g (16.63%), Sugar: 12.42g (13.8%), Cholesterol: 93.55mg (31.18%), Sodium: 711.96mg (30.95%), Alcohol: 1.21g (100%), Alcohol %: 0.34% (100%), Protein: 41.74g (83.47%), Vitamin B12: 5.41µg (90.15%), Selenium: 62.87µg (89.81%), Vitamin B6: 1.54mg (77.06%), Vitamin B3: 15.38mg (76.88%), Phosphorus: 466.57mg (46.66%), Vitamin B2: 0.75mg (44.38%), Vitamin B5: 3.57mg (35.71%), Potassium: 1248.49mg (35.67%), Vitamin K: 37.09µg (35.32%), Folate: 137.95µg (34.49%), Vitamin B1: 0.51mg (34.17%), Manganese: 0.67mg (33.58%), Copper: 0.63mg (31.35%), Vitamin C: 21.63mg (26.22%), Magnesium: 101.11mg (25.28%), Vitamin A: 870.75IU (17.42%), Fiber: 4.08g (16.3%), Iron: 2.79mg (15.5%), Zinc: 1.81mg (12.09%), Calcium: 64.86mg (6.49%), Vitamin E: 0.41mg (2.75%)