

food
network

 **100%**
HEALTH SCORE

Roasted Salmon with Chile Minted Cucumbers



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



45 min.

SERVINGS



1

CALORIES



604 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



1 small house cucumber hot sliced thin



1 handful mint leaves fresh



2 tablespoons olive oil extra-virgin



0.5 chile fresh red sliced thin



0.5 cup rice vinegar



6 ounce salmon fillet skinless



1 serving sea salt and pepper black freshly ground



1 tablespoon sesame seed

☐ 1 teaspoon sugar

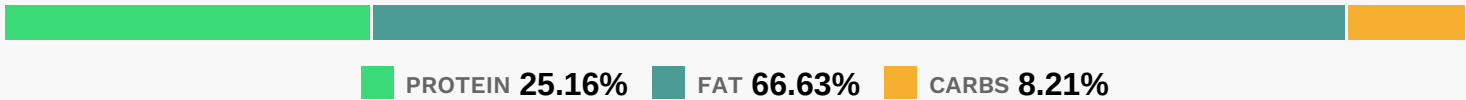
Equipment

- ☐ frying pan
- ☐ oven
- ☐ mixing bowl
- ☐ stove

Directions

- ☐ Combine the cucumber, chile, and mint in a mixing bowl.
- ☐ Pour in the vinegar, sprinkle with the sugar, salt, and pepper. Toss everything together so the cucumbers are well coated in the vinegar, the cucumbers will soften and the flavors deepen as it sits.
- ☐ Preheat the oven to 350 degrees F.
- ☐ Season both sides of the salmon with a fair amount of salt and pepper.
- ☐ Sprinkle the top of the salmon with the sesame seeds.
- ☐ Place a cast iron or regular ovenproof skillet on the stove over medium heat. Coat the pan with the oil and when it is nice and hot, lay the salmon in the pan, sesame seed-side down. Sear the salmon for 3 minutes, then stick it in the oven and roast for 10 minutes until it's just cooked through.
- ☐ Serve the salmon on a pile of the chile minted cucumbers.

Nutrition Facts



Properties

Glycemic Index:247.09, Glycemic Load:4.24, Inflammation Score:-8, Nutrition Score:35.637391836747%

Flavonoids

Eriodictyol: 1.24mg, Eriodictyol: 1.24mg, Eriodictyol: 1.24mg, Eriodictyol: 1.24mg Hesperetin: 0.41mg, Hesperetin: 0.41mg, Hesperetin: 0.41mg, Hesperetin: 0.41mg Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg

Nutrients (% of daily need)

Calories: 604.26kcal (30.21%), Fat: 43.16g (66.4%), Saturated Fat: 6.13g (38.32%), Carbohydrates: 11.97g (3.99%), Net Carbohydrates: 9.23g (3.36%), Sugar: 7.44g (8.27%), Cholesterol: 93.55mg (31.18%), Sodium: 85.32mg (3.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.68g (73.36%), Selenium: 65.77µg (93.96%), Vitamin B12: 5.41µg (90.15%), Vitamin B6: 1.65mg (82.72%), Vitamin B3: 14.14mg (70.69%), Vitamin C: 38.66mg (46.86%), Copper: 0.92mg (45.77%), Phosphorus: 441.55mg (44.15%), Vitamin B2: 0.74mg (43.33%), Vitamin B1: 0.52mg (34.42%), Potassium: 1185.24mg (33.86%), Vitamin B5: 3.27mg (32.74%), Vitamin K: 31.55µg (30.04%), Vitamin E: 4.26mg (28.37%), Magnesium: 106.19mg (26.55%), Manganese: 0.51mg (25.58%), Folate: 82.16µg (20.54%), Iron: 3.51mg (19.52%), Calcium: 141.81mg (14.18%), Zinc: 2.09mg (13.96%), Vitamin A: 567.19IU (11.34%), Fiber: 2.73g (10.93%)