



Salmon and Bok Choy



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



317 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound baby bok choy
- ☐ 2 teaspoons sesame oil dark
- ☐ 2 teaspoons ginger fresh grated peeled
- ☐ 0.5 teaspoon garlic powder
- ☐ 0.3 cup spring onion
- ☐ 2 tablespoons honey
- ☐ 3 tablespoons soy sauce
- ☐ 24 ounce salmon fillet

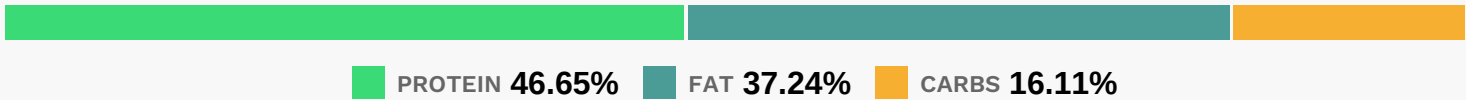
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ broiler

Directions

- ☐ Preheat broiler.
- ☐ Combine first 5 ingredients in a small bowl, stirring with a whisk.
- ☐ Coarsely chop bok choy leaves, and arrange on one end of a jelly-roll pan. Coarsely chop bok choy stems and arrange in a single layer on opposite end of jelly-roll pan.
- ☐ Place salmon, skin side down, in a single layer on top of leafy greens.
- ☐ Pour half of soy sauce mixture evenly over salmon; pour remaining half evenly over bok choy stems. Broil for 5 minutes; stir stems. Broil an additional 4 minutes or until desired degree of doneness. Arrange 1/3 cup bok choy on each of 4 plates. Top each serving with 1 fillet and 1 tablespoon green onions.

Nutrition Facts



Properties

Glycemic Index:26.07, Glycemic Load:4.64, Inflammation Score:-10, Nutrition Score:32.683912722961%

Flavonoids

Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 316.76kcal (15.84%), Fat: 12.84g (19.76%), Saturated Fat: 1.96g (12.26%), Carbohydrates: 12.5g (4.17%), Net Carbohydrates: 11.04g (4.02%), Sugar: 9.99g (11.1%), Cholesterol: 93.55mg (31.18%), Sodium: 582.33mg (25.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.19g (72.39%), Vitamin A: 5176.57IU (103.53%), Vitamin B12: 5.41µg (90.15%), Selenium: 62.36µg (89.09%), Vitamin B6: 1.42mg (71.24%), Vitamin B3: 13.56mg (67.81%), Vitamin C: 52.31mg (63.41%), Vitamin B2: 0.69mg (40.3%), Phosphorus: 364.74mg (36.47%), Vitamin B5: 2.89mg (28.85%),

Vitamin B1: 0.39mg (26.3%), Potassium: 907.05mg (25.92%), Copper: 0.44mg (22.22%), Calcium: 154.34mg (15.43%), Magnesium: 59.79mg (14.95%), Iron: 2.5mg (13.91%), Folate: 52.3µg (13.08%), Vitamin K: 13.21µg (12.58%), Zinc: 1.25mg (8.3%), Fiber: 1.46g (5.82%), Manganese: 0.1mg (5.12%)