



Salmon "Bulgogi" with Bok Choy and Mushrooms



Gluten Free



Dairy Free



Very Healthy

READY IN



15 min.

SERVINGS



4

CALORIES



335 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 7 cups bok choy
- ☐ 0.8 teaspoon chili-garlic sauce
- ☐ 0.8 inch ginger fresh peeled
- ☐ 4 ounces mushroom caps fresh stemmed sliced
- ☐ 2 large garlic cloves divided peeled
- ☐ 0.3 cup green onions chopped
- ☐ 1 tablespoon olive oil

- ☐ 1 tablespoon rice wine dry chinese
- ☐ 24 ounce center-cut salmon fillets skinless
- ☐ 1 teaspoon asian sesame oil
- ☐ 0.3 cup soya sauce
- ☐ 2 teaspoons sugar

Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ garlic press
- ☐ glass baking pan

Directions

- ☐ Blend 1 garlic clove and next 7 ingredients in mini processor. Arrange salmon in 11x7x2-inch glass baking dish. Spoon marinade over.
- ☐ Let marinate 5 minutes.
- ☐ Preheat oven to 500°F. Arrange fish, with some marinade still clinging, on rimmed baking sheet.
- ☐ Transfer any marinade in dish to small saucepan. Roast fish until just opaque in center, about 8 minutes. Bring marinade in saucepan to boil; set aside and reserve for glaze.
- ☐ Meanwhile, heat oil in large nonstick skillet over high heat.
- ☐ Add bok choy and mushrooms; using garlic press, press in 1 garlic clove. Stir-fry until mushrooms are tender and bok choy is wilted, about 4 minutes. Season with salt and pepper.
- ☐ Divide vegetables among plates. Top with salmon.
- ☐ Brush fish with glaze.

Nutrition Facts



Properties

Glycemic Index:48.52, Glycemic Load:2.19, Inflammation Score:-10, Nutrition Score:41.124782282373%

Flavonoids

Apigenin: 0.3mg, Apigenin: 0.3mg, Apigenin: 0.3mg, Apigenin: 0.3mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 5.42mg, Kaempferol: 5.42mg, Kaempferol: 5.42mg, Kaempferol: 5.42mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 3.44mg, Quercetin: 3.44mg, Quercetin: 3.44mg, Quercetin: 3.44mg

Nutrients (% of daily need)

Calories: 335.35kcal (16.77%), Fat: 15.72g (24.19%), Saturated Fat: 2.34g (14.59%), Carbohydrates: 9.14g (3.05%), Net Carbohydrates: 6.78g (2.46%), Sugar: 4.76g (5.29%), Cholesterol: 93.55mg (31.18%), Sodium: 1014.97mg (44.13%), Alcohol: 0.6g (100%), Alcohol %: 0.21% (100%), Protein: 38.03g (76.07%), Vitamin A: 5624.56IU (112.49%), Selenium: 64.77µg (92.52%), Vitamin B12: 5.41µg (90.15%), Vitamin B6: 1.77mg (88.34%), Vitamin B3: 15.72mg (78.59%), Vitamin K: 75.26µg (71.67%), Vitamin C: 57.23mg (69.36%), Vitamin B2: 0.82mg (48.52%), Phosphorus: 442.17mg (44.22%), Potassium: 1294.57mg (36.99%), Vitamin B5: 3.44mg (34.36%), Folate: 135.19µg (33.8%), Vitamin B1: 0.45mg (30.28%), Copper: 0.53mg (26.28%), Magnesium: 86.9mg (21.73%), Manganese: 0.4mg (20.05%), Iron: 2.98mg (16.57%), Calcium: 161.67mg (16.17%), Zinc: 1.73mg (11.54%), Fiber: 2.36g (9.45%), Vitamin E: 0.68mg (4.52%)