



## Salmon in a Bengali Mustard Sauce



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



45 min.

SERVINGS



2

CALORIES



405 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 0.3 teaspoon brown mustard seeds whole
- ☐ 0.3 teaspoon cayenne pepper
- ☐ 2 and/or chilies fresh green red hot (bird's-eye is best)
- ☐ 0.3 teaspoon fennel seeds whole
- ☐ 1 tablespoon ground mustard
- ☐ 0.3 teaspoon ground turmeric
- ☐ 2 tablespoons mustard oil (use extra virgin olive oil as a substitute)
- ☐ 0.8 pound salmon fillet skinless

- ☐ 0.3 teaspoon salt
- ☐ 0.3 teaspoon cumin seeds whole

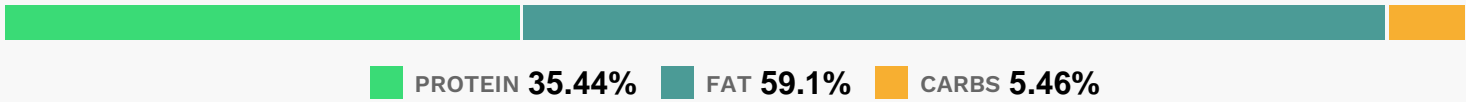
## Equipment

- ☐ bowl
- ☐ frying pan

## Directions

- ☐ Cut the fish into pieces that are about 2" x 1" and rub them evenly with the salt, turmeric, and cayenne. Cover and set aside in the refrigerator for 30 minutes–10 hours.
- ☐ Put the mustard powder, cayenne, turmeric, and salt in a small bowl.
- ☐ Add 1 tablespoon water and mix thoroughly.
- ☐ Add another 7 tablespoons water and mix. Set aside.
- ☐ Pour the oil into a medium frying pan and set over medium–high heat. When hot, put in the mustard seeds. As soon as they start to pop, a matter of seconds, add the cumin and fennel seeds. Stir once and quickly pour in the mustard paste.
- ☐ Add the green chilies, stir, and bring to a gentle simmer.
- ☐ Place the fish pieces in the sauce in a single layer. Simmer gently for about 5 minutes, or until the fish is just cooked through, spooning the sauce over the fish all the time.
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## Nutrition Facts



## Properties

Glycemic Index: 43.5, Glycemic Load: 1.51, Inflammation Score: -9, Nutrition Score: 32.172608810922%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Nutrients (% of daily need)

Calories: 404.62kcal (20.23%), Fat: 26.42g (40.64%), Saturated Fat: 3.71g (23.19%), Carbohydrates: 5.5g (1.83%), Net Carbohydrates: 4.15g (1.51%), Sugar: 2.66g (2.96%), Cholesterol: 93.55mg (31.18%), Sodium: 371.12mg (16.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.64g (71.28%), Selenium: 69.67µg (99.52%), Vitamin B12: 5.41µg (90.15%), Vitamin B6: 1.65mg (82.3%), Vitamin C: 65.24mg (79.08%), Vitamin B3: 14.16mg (70.78%), Vitamin B2: 0.7mg (41.11%), Phosphorus: 392.5mg (39.25%), Vitamin B1: 0.45mg (29.93%), Vitamin B5: 2.95mg (29.49%), Potassium: 1024.55mg (29.27%), Copper: 0.51mg (25.67%), Magnesium: 75.42mg (18.86%), Vitamin E: 2.6mg (17.3%), Folate: 58.95µg (14.74%), Vitamin K: 15.17µg (14.44%), Iron: 2.56mg (14.24%), Manganese: 0.25mg (12.37%), Vitamin A: 605.07IU (12.1%), Zinc: 1.46mg (9.72%), Fiber: 1.35g (5.4%), Calcium: 42.52mg (4.25%)