



## Salmon Stir-Fry

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



15 min.

SERVINGS



4

CALORIES



520 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 4 cups rice cooked
- 2 tablespoons olive oil extra virgin
- 2 teaspoons sesame oil
- 4 cloves garlic minced
- 1 teaspoon ground ginger
- 1 lb salmon fillet
- 2 cups savory vegetable frozen chinese farms style (recommended: Cascadian Stir-Fry Blend)
- 2 teaspoons seasoned rice vinegar

0.3 cup soy sauce low-sodium for drizzling (plus extra )

## Equipment

frying pan

## Directions

- Cook rice in water as directed on package to make 4 cups cooked rice.
- Meanwhile, heat olive oil and sesame oil in a large skillet over medium heat.
- Add the garlic and ginger to the skillet and heat, stirring constantly, for 1 minute.
- Add the salmon chunks and cook, stirring once for 2 to 3 minutes or until partially opaque. Cover the skillet and cook for another 2 to 3 minutes, until the salmon is opaque and flakes easy with fork.
- Remove cover from skillet; stir in the frozen vegetables.
- Add the vinegar and soy sauce; stir well. Cook for 2 to 3 minutes longer or until sauce is slightly reduced.
- Serve immediately over cooked rice with a little drizzle of soy sauce.

## Nutrition Facts



**PROTEIN 24.36%** **FAT 29.95%** **CARBS 45.69%**

## Properties

Glycemic Index:58.5, Glycemic Load:51.98, Inflammation Score:-10, Nutrition Score:30.530434629192%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

## Nutrients (% of daily need)

Calories: 519.9kcal (26%), Fat: 17.19g (26.44%), Saturated Fat: 2.59g (16.22%), Carbohydrates: 59g (19.67%), Net Carbohydrates: 54.48g (19.81%), Sugar: 0.21g (0.23%), Cholesterol: 62.37mg (20.79%), Sodium: 668.83mg (29.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.46g (62.91%), Vitamin A: 4666.76IU (93.34%), Selenium: 54.4µg (77.72%), Manganese: 1.27mg (63.58%), Vitamin B6: 1.23mg (61.39%), Vitamin B12: 3.61µg (60.1%),

Vitamin B3: 10.94mg (54.68%), Phosphorus: 380.41mg (38.04%), Vitamin B2: 0.57mg (33.6%), Vitamin B1: 0.41mg (27.43%), Vitamin B5: 2.72mg (27.23%), Potassium: 878.72mg (25.11%), Copper: 0.5mg (24.82%), Magnesium: 86.53mg (21.63%), Fiber: 4.52g (18.07%), Folate: 66.65µg (16.66%), Zinc: 2.09mg (13.92%), Iron: 2.49mg (13.85%), Vitamin C: 10.4mg (12.61%), Vitamin E: 1.17mg (7.78%), Calcium: 63.16mg (6.32%), Vitamin K: 4.54µg (4.32%)