



Salmon with Black Bean Sauce

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



346 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.7 cup chicken broth low-sodium canned
- ☐ 1 tablespoon cornstarch
- ☐ 2 tablespoons fermented black beans rinsed drained chopped
- ☐ 1 teaspoon garlic clove minced
- ☐ 1.5 tablespoons sherry dry
- ☐ 24 ounce salmon fillet skinless
- ☐ 0.5 cup spring onion white green thinly sliced
- ☐ 1 teaspoon sugar

- ☐ 2 tablespoons vegetable oil

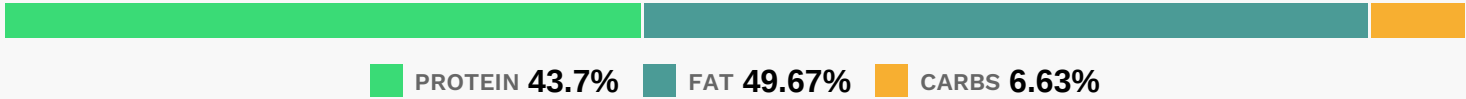
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ roasting pan

Directions

- ☐ Preheat the oven to 400°F. Lightly grease a shallow roasting pan.
- ☐ Combine 1/2 cup boiling water and the chopped beans in a small bowl; set aside for 10 minutes, then drain.
- ☐ Meanwhile, arrange the salmon in the roasting pan, skinned side down.
- ☐ Drizzle 2 tablespoons of the oil over the salmon and bake for 10 to 12 minutes or until cooked to your desired doneness.
- ☐ Meanwhile, heat 2 teaspoons oil in a small saucepan over medium heat.
- ☐ Add the soaked and drained black beans, the ginger, and garlic; cook for 1 minute.
- ☐ Whisk together the broth, 1/3 cup water, the wine, cornstarch, and sugar in a bowl and add to the black bean mixture. Bring the sauce to a boil, stirring constantly, and simmer for 2 minutes.
- ☐ Serve each portion of salmon topped with some of the sauce and sprinkled with some of the scallions.
- ☐ Taste
- ☐ Book, using the USDA Nutrition Database
- ☐ From From Sara's Secrets for Weeknight Meals by Sara Moulton Copyright (c) 2005, by Sara Moulton. Published by Broadway Books. A graduate of the Culinary Institute of America, Sara Moulton currently hosts the Television Food Network's brand-new series Sara's Secret's as well as Cooking Live with Sara Moulton. She also serves as executive chef for Gourmet and food editor for Good Morning America, appearing on the show frequently. She lives in New York City with her husband and two children.

Nutrition Facts



Properties

Glycemic Index:36.77, Glycemic Load:0.98, Inflammation Score:-5, Nutrition Score:26.166086922521%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg

Nutrients (% of daily need)

Calories: 346.14kcal (17.31%), Fat: 18.65g (28.7%), Saturated Fat: 2.88g (18%), Carbohydrates: 5.61g (1.87%), Net Carbohydrates: 4.55g (1.65%), Sugar: 1.65g (1.84%), Cholesterol: 93.55mg (31.18%), Sodium: 89.54mg (3.89%), Alcohol: 0.58g (100%), Alcohol %: 0.3% (100%), Protein: 36.92g (73.84%), Vitamin B12: 5.45µg (90.81%), Selenium: 62.33µg (89.05%), Vitamin B6: 1.42mg (70.75%), Vitamin B3: 13.99mg (69.93%), Vitamin B2: 0.67mg (39.41%), Vitamin K: 38.42µg (36.59%), Phosphorus: 359.04mg (35.9%), Vitamin B5: 2.85mg (28.47%), Vitamin B1: 0.39mg (26.21%), Potassium: 908.88mg (25.97%), Copper: 0.46mg (22.96%), Magnesium: 53.03mg (13.26%), Folate: 50.6µg (12.65%), Iron: 1.75mg (9.71%), Zinc: 1.19mg (7.96%), Fiber: 1.06g (4.23%), Vitamin E: 0.63mg (4.17%), Vitamin A: 192.73IU (3.85%), Calcium: 34.4mg (3.44%), Manganese: 0.07mg (3.37%), Vitamin C: 2.58mg (3.13%)