



Salmon with Hoisin, Orange and Bok Choy



Gluten Free



Dairy Free



Very Healthy

READY IN



30 min.

SERVINGS



2

CALORIES



233 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 heads baby bok choy cut lengthwise into 6 wedges
- ☐ 0.8 teaspoon coriander seeds
- ☐ 0.3 cup cilantro leaves fresh
- ☐ 1 teaspoon ginger fresh minced peeled
- ☐ 1 spring onion thinly sliced
- ☐ 1 tablespoon hoisin sauce
- ☐ 2 tablespoons orange juice fresh
- ☐ 0.5 teaspoon orange zest finely grated

☐ 10 ounce salmon fillet

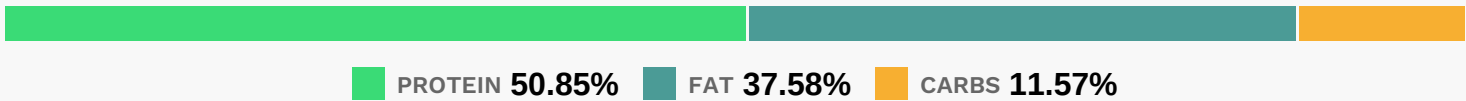
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 425°F. Form bed of bokchoy in center of each of two 12-inch square pieces of foil. Top bok choy with fish.
- ☐ Mix orange juice, green onion, hoisin, ginger, and orange peel in small bowl. Spoon mixture over fish, dividing equally.
- ☐ Sprinkle with salt and coriander. Top with cilantro. Fold up foil sides and pinch tightly to seal above fish and at both ends of packets, enclosing contents completely.
- ☐ Place packets on baking sheet.
- ☐ Bake until fish is just opaque in center, 12 to 14 minutes.
- ☐ Transfer packets to plates and serve.
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:65.5, Glycemic Load:1.02, Inflammation Score:-5, Nutrition Score:22.059565005095%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 2.03mg, Hesperetin: 2.03mg, Hesperetin: 2.03mg, Hesperetin: 2.03mg Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.74mg, Quercetin: 1.74mg, Quercetin: 1.74mg, Quercetin: 1.74mg

Nutrients (% of daily need)

Calories: 232.56kcal (11.63%), Fat: 9.46g (14.55%), Saturated Fat: 1.45g (9.07%), Carbohydrates: 6.54g (2.18%), Net Carbohydrates: 5.68g (2.06%), Sugar: 3.8g (4.22%), Cholesterol: 78.2mg (26.07%), Sodium: 195.08mg (8.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.79g (57.57%), Vitamin B12: 4.51µg (75.13%), Selenium: 52.16µg (74.52%), Vitamin B6: 1.18mg (59.02%), Vitamin B3: 11.38mg (56.92%), Vitamin B2: 0.57mg (33.65%), Phosphorus: 296.12mg (29.61%), Vitamin B5: 2.42mg (24.17%), Vitamin B1: 0.34mg (22.88%), Potassium: 779.78mg (22.28%), Copper: 0.39mg (19.58%), Vitamin K: 18.68µg (17.79%), Vitamin C: 11.54mg (13.98%), Magnesium: 49.63mg (12.41%), Folate: 47.72µg (11.93%), Iron: 1.51mg (8.4%), Zinc: 1.01mg (6.76%), Vitamin A: 332.56IU (6.65%), Manganese: 0.08mg (4%), Fiber: 0.87g (3.47%), Calcium: 34.48mg (3.45%)