



Salmon with Sesame and Orange-Ginger Relish



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



419 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon coarse kosher salt
- ☐ 0.3 cup cooking wine dry white
- ☐ 2.5 tablespoons cilantro leaves fresh chopped
- ☐ 2 teaspoons ginger fresh minced peeled
- ☐ 3 large navel oranges
- ☐ 0.3 cup orange juice fresh
- ☐ 2 teaspoons orange peel grated

- ☐ 1 teaspoon oriental sesame oil
- ☐ 0.5 cup matchstick-size strips pepper red
- ☐ 0.5 cup onion red thinly sliced
- ☐ 0.3 teaspoon pepper dried red crushed
- ☐ 2.5 pound salmon fillet
- ☐ 1 tablespoon sesame seed toasted
- ☐ 2.5 tablespoons soya sauce
- ☐ 8 servings vegetable oil

Equipment

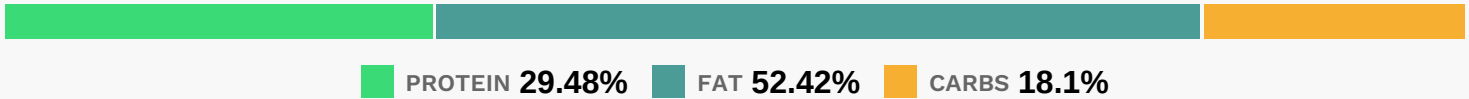
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ aluminum foil
- ☐ spatula
- ☐ glass baking pan

Directions

- ☐ Whisk first 3 ingredients in small bowl to blend; transfer to 13x9x2-inch glass baking dish.
- ☐ Place salmon, skin side up, in orange juice mixture; cover with plastic and chill at least 2 hours and up to 4 hours. Bring to room temperature 30 minutes before cooking.
- ☐ Using small sharp knife, cut peel and white pith from oranges. Working over bowl, cut between membranes to release segments into bowl.
- ☐ Mix red pepper and next 7 ingredients in medium bowl to blend. Fold in reserved orange segments and any accumulated juices. (Can be prepared 1 hour ahead.
- ☐ Let stand at room temperature.)
- ☐ Preheat oven to 450°F. Line rimmed baking sheet with foil; generously brush with vegetable oil.

- ☐
- Place fish, skin side down, on prepared baking sheet.
- ☐
- Sprinkle with salt and pepper.
- ☐
- Bake until fish is just opaque in center, about 20 minutes. Using large spatula, gently loosen salmon from foil. Using foil as aid, carefully lift salmon from sheet and allow salmon to slide from foil onto platter. Mound orange relish down center of fish, sprinkle with sesame seeds, and serve.

Nutrition Facts



Properties

Glycemic Index:27.88, Glycemic Load:2.72, Inflammation Score:-7, Nutrition Score:33.242608671603%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 12.76mg, Hesperetin: 12.76mg, Hesperetin: 12.76mg, Hesperetin: 12.76mg Naringenin: 3.99mg, Naringenin: 3.99mg, Naringenin: 3.99mg, Naringenin: 3.99mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.23mg, Quercetin: 2.23mg, Quercetin: 2.23mg, Quercetin: 2.23mg

Nutrients (% of daily need)

Calories: 419.35kcal (20.97%), Fat: 24.59g (37.84%), Saturated Fat: 3.89g (24.32%), Carbohydrates: 19.11g (6.37%), Net Carbohydrates: 13.77g (5.01%), Sugar: 6.06g (6.73%), Cholesterol: 77.96mg (25.99%), Sodium: 527.68mg (22.94%), Alcohol: 1.03g (100%), Alcohol %: 0.5% (100%), Protein: 31.12g (62.24%), Manganese: 2.01mg (100.27%), Selenium: 52.94µg (75.64%), Vitamin B12: 4.51µg (75.13%), Vitamin B6: 1.29mg (64.37%), Vitamin B3: 11.88mg (59.41%), Vitamin K: 50.56µg (48.16%), Vitamin C: 37.67mg (45.66%), Vitamin B2: 0.61mg (35.99%), Phosphorus: 339.52mg (33.95%), Copper: 0.63mg (31.57%), Potassium: 1042.24mg (29.78%), Vitamin B5: 2.77mg (27.65%), Vitamin B1: 0.4mg (26.57%), Fiber: 5.34g (21.35%), Magnesium: 81.52mg (20.38%), Iron: 3.01mg (16.72%), Folate: 63.18µg (15.8%), Calcium: 121.57mg (12.16%), Vitamin E: 1.42mg (9.49%), Zinc: 1.27mg (8.45%), Vitamin A: 317.28IU (6.35%)