



HEALTH SCORE

100%

Salmon with Spicy Cucumber Salad and Peanuts



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



299 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 0.5 teaspoon pepper red crushed
- ☐ 4 cups cucumber peeled seeded sliced (2 large)
- ☐ 4 teaspoons dry-roasted peanuts unsalted chopped
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 24 ounce salmon fillet
- ☐ 0.5 teaspoon salt divided

- ☐ 0.3 cup seasoned rice vinegar
- ☐ 2 teaspoons sugar

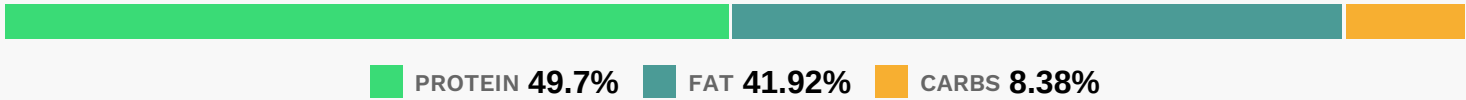
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine the first 5 ingredients in a medium bowl; stir in 1/4 teaspoon salt.
- ☐ Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Sprinkle remaining 1/4 teaspoon salt and black pepper over fish.
- ☐ Add fish to pan; cook 4 minutes on each side or until fish flakes easily when tested with a fork or until desired degree of doneness.
- ☐ Place 1 fillet in each of 4 shallow bowls, and top each serving with 1/2 cup cucumber salad and 1 teaspoon peanuts.

Nutrition Facts



Properties

Glycemic Index:49.77, Glycemic Load:1.73, Inflammation Score:-6, Nutrition Score:28.925217597381%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 298.76kcal (14.94%), Fat: 13.51g (20.79%), Saturated Fat: 2.07g (12.96%), Carbohydrates: 6.07g (2.02%), Net Carbohydrates: 4.51g (1.64%), Sugar: 3.87g (4.3%), Cholesterol: 93.55mg (31.18%), Sodium: 395.42mg (17.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.04g (72.08%), Vitamin B12: 5.41µg (90.15%), Selenium: 62.74µg (89.64%), Vitamin B6: 1.48mg (73.97%), Vitamin B3: 14.22mg (71.11%), Vitamin K: 42.84µg (40.8%), Vitamin B2: 0.69mg (40.52%), Phosphorus: 390.22mg (39.02%), Vitamin B5: 3.23mg (32.31%), Potassium: 1071.19mg

(30.61%), Vitamin B1: 0.44mg (29.6%), Copper: 0.56mg (28.06%), Magnesium: 75.44mg (18.86%), Folate: 70.58µg (17.64%), Manganese: 0.28mg (13.75%), Iron: 1.96mg (10.86%), Zinc: 1.45mg (9.67%), Vitamin C: 6.92mg (8.39%), Vitamin A: 407.09IU (8.14%), Fiber: 1.56g (6.24%), Calcium: 49.33mg (4.93%), Vitamin E: 0.15mg (1.01%)