



Salmon with Stir-Fried Vegetables and Mango Sauce



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



466 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups asparagus sliced (2-inch) (1 pound)
- ☐ 1.5 cups julienne-cut bell pepper green (1 large)
- ☐ 1.5 cups julienne-cut bell pepper red (1 large)
- ☐ 1 cup julienne-cut carrot
- ☐ 4 cups rice long-grain hot cooked
- ☐ 1 tablespoon sesame oil dark divided
- ☐ 4 servings mango sauce

- ☐ 16 ounce skinned salmon fillets ()
- ☐ 0.5 teaspoon salt divided
- ☐ 1 cup julienne-cut squash yellow (2 small)
- ☐ 0.1 teaspoon pepper white

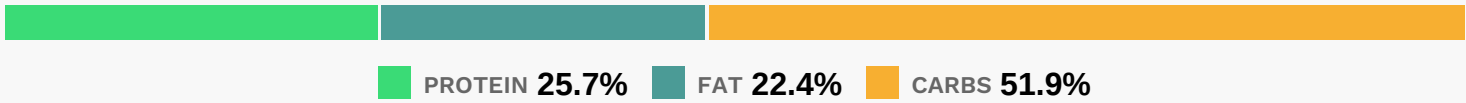
Equipment

- ☐ frying pan

Directions

- ☐ Sprinkle 1/4 teaspoon salt and the pepper over fish.
- ☐ Heat 1 1/2 teaspoons oil in a large nonstick skillet over medium heat.
- ☐ Add fish, and cook 5 minutes on each side or until fish flakes when tested with a fork.
- ☐ Remove from skillet; set aside, and keep warm.
- ☐ Heat remaining oil in skillet over medium-high heat.
- ☐ Add carrot, and saut 2 minutes.
- ☐ Add remaining salt, asparagus, and next 3 ingredients; saut 3 minutes or until crisp-tender.
- ☐ Place 1 fish fillet on each of 4 plates. Spoon 1/4 cup Mango Sauce around each fillet; top with 1 cup vegetables, and serve with 1 cup rice.

Nutrition Facts



Properties

Glycemic Index:70.4, Glycemic Load:50.16, Inflammation Score:-10, Nutrition Score:39.411304308021%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Luteolin: 3.01mg, Luteolin: 3.01mg, Luteolin: 3.01mg, Luteolin: 3.01mg Isorhamnetin: 3.82mg, Isorhamnetin: 3.82mg, Isorhamnetin: 3.82mg, Isorhamnetin: 3.82mg Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 10.8mg, Quercetin: 10.8mg, Quercetin: 10.8mg, Quercetin: 10.8mg

Nutrients (% of daily need)

Calories: 466.12kcal (23.31%), Fat: 11.59g (17.83%), Saturated Fat: 1.84g (11.51%), Carbohydrates: 60.42g (20.14%), Net Carbohydrates: 54.63g (19.87%), Sugar: 7.45g (8.28%), Cholesterol: 62.37mg (20.79%), Sodium: 370.9mg (16.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.92g (59.84%), Vitamin A: 11585.3IU (231.71%), Vitamin C: 129.81mg (157.35%), Selenium: 55.05µg (78.65%), Vitamin B6: 1.52mg (76.13%), Vitamin B12: 3.61µg (60.1%), Vitamin B3: 11.76mg (58.78%), Manganese: 1.12mg (56.05%), Vitamin K: 39.87µg (37.97%), Phosphorus: 378.28mg (37.83%), Vitamin B2: 0.64mg (37.36%), Potassium: 1189.35mg (33.98%), Vitamin B1: 0.5mg (33.47%), Vitamin B5: 3.15mg (31.48%), Copper: 0.61mg (30.35%), Folate: 115.19µg (28.8%), Fiber: 5.79g (23.16%), Magnesium: 89.42mg (22.36%), Iron: 3.44mg (19.12%), Vitamin E: 2.68mg (17.89%), Zinc: 2.21mg (14.7%), Calcium: 82.8mg (8.28%)