



Salmon with Thai Rice Salad



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



690 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons asian fish sauce nam pla or nuoc mam
- ☐ 3 carrots grated
- ☐ 1 pinch cayenne
- ☐ 2 tablespoons cooking oil
- ☐ 1 cucumber peeled halved lengthwise seeded cut into 1/4-inch dice
- ☐ 6 tablespoons cilantro leaves fresh chopped
- ☐ 0.3 teaspoon fresh-ground pepper black
- ☐ 3 tablespoons juice of lime from 2 limes

- ☐ 1.5 cups rice long-grain
- ☐ 2 pounds center-cut salmon fillet skinless cut into 4 pieces
- ☐ 0.3 teaspoon salt
- ☐ 4 scallions including tops green chopped
- ☐ 3.5 teaspoons sugar

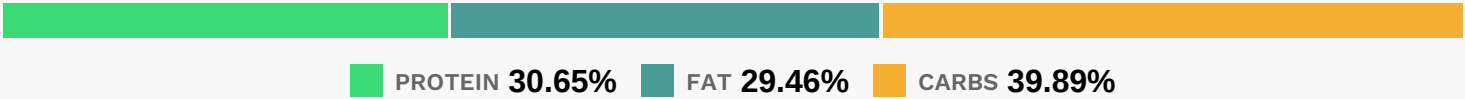
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ pot
- ☐ broiler
- ☐ broiler pan

Directions

- ☐ Stir the rice into a medium pot of boiling, salted water and cook until just done, about 10 minutes.
- ☐ Drain. Rinse with cold water and drain thoroughly.
- ☐ In a large glass or stainless-steel bowl, combine the lime juice, fish sauce, 1 tablespoon of the oil, the sugar, and cayenne.
- ☐ Let sit for about 5 minutes. Stir in the rice, cucumber, carrots, scallions, and cilantro.
- ☐ Heat the broiler. Oil a broiler pan or baking sheet. Coat the salmon with the remaining 1 tablespoon oil and sprinkle with the salt and pepper.
- ☐ Put the salmon on the pan. Broil until just barely done (the fish should still be translucent in the center), about 5 minutes for a 1-inch-thick fillet.
- ☐ Put the rice salad on plates and top with the salmon.
- ☐ Wine Recommendation: Rieslings are among the most versatile of white wines and one of the few that work well with salads. With this Thai-inspired dish, try a simple kabinett from Germany's Mosel region.
- ☐ Notes: Asian fish sauce is available at Asian markets and many supermarkets.

Nutrition Facts



Properties

Glycemic Index:80.28, Glycemic Load:37.65, Inflammation Score:-10, Nutrition Score:44.06782589788%

Flavonoids

Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.75mg, Quercetin: 1.75mg, Quercetin: 1.75mg, Quercetin: 1.75mg

Nutrients (% of daily need)

Calories: 690.29kcal (34.51%), Fat: 22.12g (34.03%), Saturated Fat: 2.9g (18.11%), Carbohydrates: 67.39g (22.46%), Net Carbohydrates: 64.27g (23.37%), Sugar: 7.75g (8.61%), Cholesterol: 124.74mg (41.58%), Sodium: 1343.91mg (58.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 51.79g (103.58%), Vitamin A: 7966.17IU (159.32%), Selenium: 94.72µg (135.32%), Vitamin B12: 7.28µg (121.28%), Vitamin B6: 2.14mg (106.86%), Vitamin B3: 19.81mg (99.07%), Phosphorus: 572.65mg (57.27%), Vitamin B2: 0.96mg (56.6%), Manganese: 0.98mg (49.17%), Vitamin B5: 4.83mg (48.26%), Potassium: 1530.04mg (43.72%), Vitamin B1: 0.63mg (41.75%), Vitamin K: 43.49µg (41.42%), Copper: 0.82mg (40.83%), Magnesium: 124.94mg (31.24%), Folate: 97.55µg (24.39%), Zinc: 2.53mg (16.89%), Iron: 2.99mg (16.62%), Vitamin C: 10.98mg (13.31%), Fiber: 3.12g (12.48%), Vitamin E: 1.74mg (11.6%), Calcium: 89.38mg (8.94%)