



Seared Salmon Steaks



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



181 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon curry seasoning blend
- ☐ 0.5 teaspoon sesame oil dark
- ☐ 1 tablespoon cooking sherry dry
- ☐ 2 green onions thinly sliced
- ☐ 1 teaspoon juice of lemon
- ☐ 2 tablespoons soya sauce low-sodium
- ☐ 2 tablespoons orange juice unsweetened
- ☐ 16 ounce salmon fillet ()

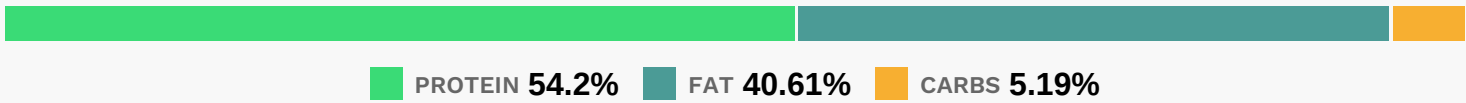
Equipment

☐ frying pan

Directions

- ☐ Coat fillets with cooking spray; sprinkle 1 teaspoon Curry Seasoning evenly over fillets.
- ☐ Coat a large nonstick skillet with cooking spray; place over high heat until very hot.
- ☐ Add fillets, and cook, uncovered, 3 minutes on each side. Cover and cook 3 minutes or until fish flakes easily when tested with a fork.
- ☐ Transfer to a serving platter, and keep warm.
- ☐ Add soy sauce and next 3 ingredients to skillet; cook over high heat, deglazing skillet by scraping particles that cling to bottom.
- ☐ Add sesame oil; stir well.
- ☐ Pour soy sauce mixture over fish and sprinkle with green onions.

Nutrition Facts



Properties

Glycemic Index:26, Glycemic Load:0.56, Inflammation Score:-4, Nutrition Score:17.383478149124%

Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 1.21mg, Hesperetin: 1.21mg, Hesperetin: 1.21mg, Hesperetin: 1.21mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 180.73kcal (9.04%), Fat: 7.81g (12.02%), Saturated Fat: 1.2g (7.51%), Carbohydrates: 2.25g (0.75%), Net Carbohydrates: 1.85g (0.67%), Sugar: 0.98g (1.08%), Cholesterol: 62.37mg (20.79%), Sodium: 339.4mg (14.76%), Alcohol: 0.39g (100%), Alcohol %: 0.34% (100%), Protein: 23.46g (46.92%), Vitamin B12: 3.61µg (60.1%), Selenium: 41.57µg (59.38%), Vitamin B6: 0.96mg (47.78%), Vitamin B3: 9.09mg (45.46%), Vitamin B2: 0.46mg (27.04%),

Phosphorus: 246.26mg (24.63%), Vitamin B5: 1.94mg (19.37%), Vitamin B1: 0.27mg (18.15%), Potassium: 629.04mg (17.97%), Copper: 0.3mg (15.03%), Vitamin K: 13.01µg (12.39%), Magnesium: 42.26mg (10.57%), Folate: 39.32µg (9.83%), Vitamin C: 5.92mg (7.17%), Iron: 1.28mg (7.11%), Zinc: 0.84mg (5.61%), Manganese: 0.09mg (4.44%), Vitamin A: 127.18IU (2.54%), Calcium: 24.07mg (2.41%), Fiber: 0.4g (1.59%), Vitamin E: 0.19mg (1.25%)