



Seared Salmon with Jalapeño Ponzu



Gluten Free



Dairy Free



Very Healthy

READY IN



10 min.

SERVINGS



4

CALORIES



295 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon sesame oil dark
- ☐ 1 large jalapeno thin
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 3 tablespoons lower-sodium soy sauce
- ☐ 2 tablespoons mirin sweet (rice wine)
- ☐ 2 tablespoons orange juice fresh
- ☐ 24 ounce salmon fillet

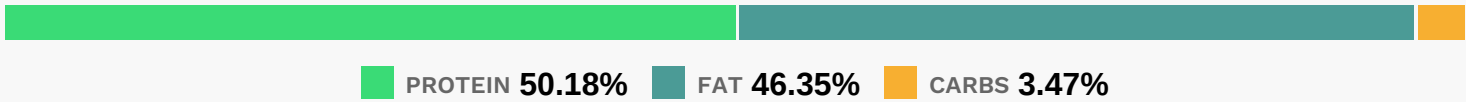
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine first 4 ingredients in a small bowl; mix well.
- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add salmon, skin side down; cook 4 minutes on each side or until fish flakes easily with a fork or until desired degree of doneness. Arrange 1 fillet on each of 4 plates. Top fillets evenly with jalapeo slices. Spoon about 2 tablespoons soy sauce mixture over each serving; let stand 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:21, Glycemic Load:0.49, Inflammation Score:-5, Nutrition Score:24.677391371001%

Flavonoids

Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg Hesperetin: 1.56mg, Hesperetin: 1.56mg, Hesperetin: 1.56mg, Hesperetin: 1.56mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 295.03kcal (14.75%), Fat: 14.36g (22.09%), Saturated Fat: 2.18g (13.6%), Carbohydrates: 2.42g (0.81%), Net Carbohydrates: 2.21g (0.8%), Sugar: 1.01g (1.13%), Cholesterol: 93.55mg (31.18%), Sodium: 507.22mg (22.05%), Alcohol: 1.21g (100%), Alcohol %: 0.73% (100%), Protein: 34.98g (69.95%), Vitamin B12: 5.41µg (90.15%), Selenium: 62.28µg (88.97%), Vitamin B6: 1.43mg (71.52%), Vitamin B3: 13.59mg (67.94%), Vitamin B2: 0.68mg (40.04%), Phosphorus: 363.22mg (36.32%), Vitamin B5: 2.9mg (29.01%), Vitamin B1: 0.4mg (26.61%), Potassium: 907.13mg (25.92%), Copper: 0.44mg (21.89%), Magnesium: 59.74mg (14.94%), Folate: 52.05µg (13.01%), Vitamin C: 9.85mg (11.94%), Iron: 1.56mg (8.66%), Zinc: 1.2mg (7.97%), Manganese: 0.08mg (4.16%), Calcium: 25.97mg (2.6%), Vitamin A: 122.99IU (2.46%), Vitamin E: 0.23mg (1.55%), Vitamin K: 1.13µg (1.08%)