



Seared Sesame-Crusted Salmon



Gluten Free



Dairy Free



Low Fod Map

READY IN



12 min.

SERVINGS



4

CALORIES



245 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 oz salmon fillet ()
- ☐ 4 servings salt and pepper
- ☐ 0.3 cup sesame seed
- ☐ 1 tablespoon vegetable oil

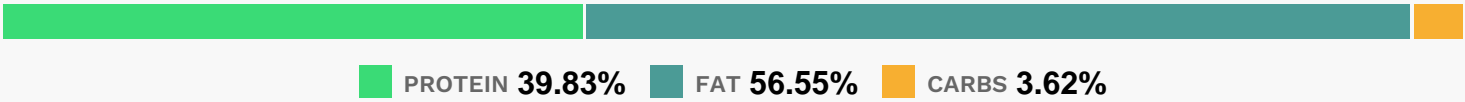
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Place sesame seeds in a shallow bowl. Rub salmon fillets with 2 tsp. oil and sprinkle with salt and pepper. Press flesh side of fillets in sesame seeds to coat.
- ☐ Warm remaining 1 Tbsp. oil in a large nonstick skillet over high heat until shimmering, 2 to 3 minutes.
- ☐ Place salmon fillets, skin side down, in skillet; reduce heat to medium-high and cook until skin is browned and bottom halves of fillets are opaque, about 4 minutes. Turn and cook until fish is done, about 3 minutes for medium-rare.
- ☐ Transfer fish to plates, flipping fillets so seed side is up; serve immediately.

Nutrition Facts



Properties

Glycemic Index:8.75, Glycemic Load:0.38, Inflammation Score:-4, Nutrition Score:19.639130475728%

Nutrients (% of daily need)

Calories: 244.8kcal (12.24%), Fat: 15.25g (23.46%), Saturated Fat: 2.28g (14.27%), Carbohydrates: 2.2g (0.73%), Net Carbohydrates: 1.09g (0.4%), Sugar: 0.03g (0.03%), Cholesterol: 62.37mg (20.79%), Sodium: 244.72mg (10.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.16g (48.32%), Selenium: 44.62µg (63.74%), Vitamin B12: 3.61µg (60.1%), Vitamin B6: 1mg (50.08%), Vitamin B3: 9.34mg (46.68%), Copper: 0.67mg (33.32%), Phosphorus: 285.77mg (28.58%), Vitamin B2: 0.45mg (26.71%), Vitamin B1: 0.33mg (22.03%), Vitamin B5: 1.89mg (18.92%), Potassium: 599.57mg (17.13%), Magnesium: 65.8mg (16.45%), Iron: 2.27mg (12.63%), Manganese: 0.25mg (12.46%), Calcium: 105.13mg (10.51%), Zinc: 1.45mg (9.69%), Folate: 37.44µg (9.36%), Vitamin K: 6.25µg (5.95%), Fiber: 1.11g (4.43%), Vitamin E: 0.3mg (2.01%)