



Sesame Asian Salmon

 Dairy Free

READY IN



20 min.

SERVINGS



20

CALORIES



56 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup lite asian sesame dressing divided toasted kraft
- 2 carrots cut into matchlike sticks
- 1 green onion thinly sliced
- 2 tsp olive oil
- 1 bell pepper red cut into strips
- 1 lb salmon fillet skinless
- 1 cup sugar snap peas

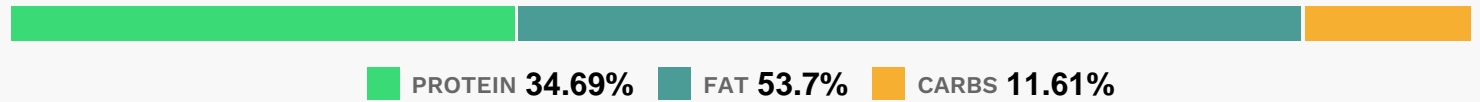
Equipment

- frying pan
- baking sheet
- oven

Directions

- Heat oven to 450F.
- Reserve 2 Tbsp. dressing for later use.
- Place fish on baking sheet sprayed with cooking spray; brush with remaining dressing.
- Bake 12 to 15 min. or until fish flakes easily with fork. Meanwhile, heat oil in large nonstick skillet on medium heat.
- Add next 3 ingredients; cook and stir 4 min. or until crisp-tender.
- Remove from heat; stir in reserved dressing.
- Spoon cooked vegetables onto serving plate; top with fish and onions.

Nutrition Facts



Properties

Glycemic Index:5.54, Glycemic Load:0.28, Inflammation Score:-7, Nutrition Score:5.7434783007788%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 56.32kcal (2.82%), Fat: 3.34g (5.14%), Saturated Fat: 0.49g (3.04%), Carbohydrates: 1.63g (0.54%), Net Carbohydrates: 1.16g (0.42%), Sugar: 1.01g (1.12%), Cholesterol: 12.47mg (4.16%), Sodium: 45.98mg (2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.86g (9.72%), Vitamin A: 1274.8IU (25.5%), Vitamin C: 11.03mg (13.37%), Vitamin B12: 0.72µg (12.02%), Selenium: 8.38µg (11.97%), Vitamin B6: 0.22mg (10.97%), Vitamin B3: 1.93mg (9.67%), Vitamin B2: 0.1mg (5.83%), Vitamin K: 5.58µg (5.32%), Phosphorus: 53.02mg (5.3%), Potassium: 159.57mg (4.56%), Vitamin B5: 0.45mg (4.5%), Vitamin B1: 0.07mg (4.41%), Copper: 0.06mg (3.24%), Folate: 12.01µg (3%), Vitamin E: 0.38mg (2.52%), Magnesium: 9.32mg (2.33%), Iron: 0.36mg (1.99%), Fiber: 0.47g (1.88%), Manganese: 0.03mg (1.6%), Zinc: 0.19mg (1.29%)