

 **100%**  
HEALTH SCORE

## Sesame-Crusted Salmon

 Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



433 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.8 cup couscous uncooked
- 1 teaspoon sesame oil dark
- 0.3 cup green onions sliced
- 2 tablespoons orange juice
- 1 tablespoon orange rind grated
- 24 ounce salmon fillet ()
- 0.3 teaspoon salt
- 0.5 teaspoon salt

- 0.3 cup sesame seed
- 1.3 cups water

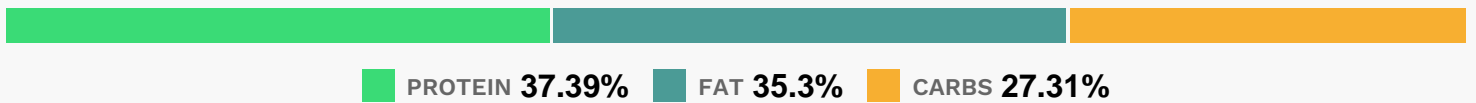
## Equipment

- sauce pan
- broiler
- broiler pan

## Directions

- Preheat broiler.
- Combine sesame seeds, rind, and salt in a shallow dish.
- Drizzle oil over fish. Dredge fish in sesame mixture.
- Place the fish on a broiler pan coated with cooking spray. Broil 12 minutes or until the fish flakes easily when tested with a fork.
- While the fish is cooking, bring water to a boil in a medium saucepan; gradually stir in couscous.
- Remove from heat, cover and let stand for 5 minutes. Fluff with a fork. Stir in onions, juice, and salt.
- Serve with fish.

## Nutrition Facts



## Properties

Glycemic Index:46, Glycemic Load:16.2, Inflammation Score:-6, Nutrition Score:30.952608896338%

## Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 1.02mg, Hesperetin: 1.02mg, Hesperetin: 1.02mg, Hesperetin: 1.02mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg

## Nutrients (% of daily need)

Calories: 433.34kcal (21.67%), Fat: 16.68g (25.66%), Saturated Fat: 2.51g (15.66%), Carbohydrates: 29.03g (9.68%), Net Carbohydrates: 25.97g (9.44%), Sugar: 0.89g (0.99%), Cholesterol: 93.55mg (31.18%), Sodium: 519.97mg (22.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.74g (79.49%), Selenium: 65.37µg (93.39%), Vitamin B12: 5.41µg (90.15%), Vitamin B6: 1.51mg (75.55%), Vitamin B3: 15.01mg (75.03%), Phosphorus: 458.38mg (45.84%), Copper: 0.91mg (45.53%), Vitamin B2: 0.7mg (41.4%), Vitamin B1: 0.52mg (34.96%), Vitamin B5: 3.27mg (32.66%), Potassium: 968.72mg (27.68%), Manganese: 0.52mg (26.16%), Magnesium: 99.77mg (24.94%), Iron: 3.2mg (17.78%), Folate: 65.11µg (16.28%), Zinc: 2.13mg (14.17%), Calcium: 129.94mg (12.99%), Vitamin K: 13.08µg (12.46%), Fiber: 3.07g (12.27%), Vitamin C: 7.47mg (9.05%), Vitamin A: 154.5IU (3.09%)