



Sesame-Crusted Salmon



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



591 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 bok choy quartered
- ☐ 2 carrots cut into matchsticks
- ☐ 2 teaspoons olive oil
- ☐ 2 bell pepper red cored seeded thinly sliced
- ☐ 1 teaspoon pepper dried red
- ☐ 4 servings rice long-grain
- ☐ 4 fillet salmon fillet
- ☐ 4 spring onion shredded

- ☐ 0.3 cup sesame seed
- ☐ 8 oz mushroom caps halved
- ☐ 1 tablespoon soya sauce dark

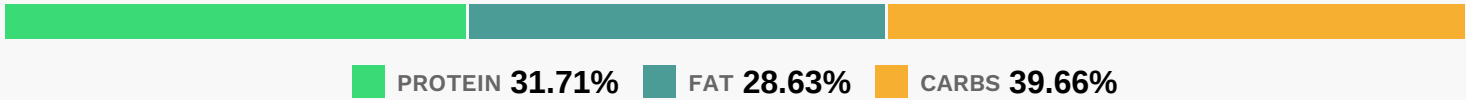
Equipment

- ☐ frying pan

Directions

- ☐ Mix the sesame seeds and red pepper flakes on a plate, then press the salmon fillets into the mixture to coat.
- ☐ Heat half the oil in a nonstick skillet over medium heat, add the salmon, and cook for 3–4 minutes on each side, until cooked through.
- ☐ Remove from the skillet and keep warm.
- ☐ Heat the remaining oil in the skillet over high heat, add the vegetables, and stir-fry for 3–4 minutes, until just cooked.
- ☐ Drizzle the soy sauce over the vegetables and serve with the salmon and basmati rice.
- ☐ Eat Yourself Happy by Gill Paul, Hamlyn 2013, Photo Will Heap.

Nutrition Facts



Properties

Glycemic Index:63.5, Glycemic Load:25.23, Inflammation Score:-10, Nutrition Score:63.832608917485%

Flavonoids

Apigenin: 1.01mg, Apigenin: 1.01mg, Apigenin: 1.01mg, Apigenin: 1.01mg Luteolin: 0.78mg, Luteolin: 0.78mg, Luteolin: 0.78mg, Luteolin: 0.78mg Kaempferol: 18.43mg, Kaempferol: 18.43mg, Kaempferol: 18.43mg, Kaempferol: 18.43mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 10.13mg, Quercetin: 10.13mg, Quercetin: 10.13mg, Quercetin: 10.13mg

Nutrients (% of daily need)

Calories: 590.5kcal (29.53%), Fat: 19.21g (29.55%), Saturated Fat: 2.85g (17.84%), Carbohydrates: 59.87g (19.96%), Net Carbohydrates: 49.92g (18.15%), Sugar: 10.73g (11.92%), Cholesterol: 93.5mg (31.17%), Sodium: 641.19mg

(27.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 47.87g (95.75%), Vitamin A: 26060.61IU (521.21%), Vitamin C: 269.22mg (326.33%), Vitamin K: 224.66µg (213.96%), Vitamin B6: 2.76mg (138.15%), Selenium: 77.85µg (111.22%), Vitamin B3: 20mg (100%), Folate: 381.64µg (95.41%), Vitamin B12: 5.41µg (90.1%), Manganese: 1.72mg (85.85%), Phosphorus: 708.71mg (70.87%), Vitamin B2: 1.2mg (70.48%), Potassium: 2436.12mg (69.6%), Calcium: 592.26mg (59.23%), Copper: 1.12mg (56.12%), Magnesium: 200.59mg (50.15%), Vitamin B1: 0.73mg (48.66%), Vitamin B5: 4.82mg (48.22%), Iron: 7.41mg (41.19%), Fiber: 9.95g (39.79%), Zinc: 4.01mg (26.72%), Vitamin E: 2.14mg (14.25%), Vitamin D: 0.23µg (1.51%)