



Sesame-Crusted Salmon with Ginger Vinaigrette



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



365 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 small cucumbers peeled coarsely chopped
- ☐ 4 small cucumbers thinly sliced
- ☐ 0.5 teaspoon sesame oil dark
- ☐ 4 servings ginger vinaigrette
- ☐ 1 tablespoon honey
- ☐ 1 teaspoon hot sauce
- ☐ 0.3 cup soya sauce low-sodium

- ☐ 4 servings garnish: mint sprigs fresh
- ☐ 0.5 cup rice wine vinegar
- ☐ 2 tablespoons rice wine vinegar
- ☐ 1.5 pounds salmon fillet 1-inch-thick ()
- ☐ 0.1 teaspoon salt
- ☐ 2 tablespoons sesame seed toasted
- ☐ 2 tablespoons sugar
- ☐ 0.3 cup water

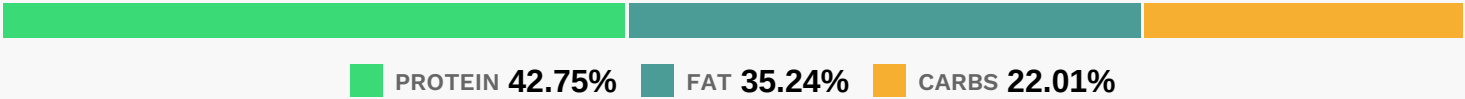
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ sieve

Directions

- ☐ Process 4 cucumbers in food processor until smooth, stopping to scrape down sides.
- ☐ Pour through a wire-mesh strainer into a bowl, discarding pulp.
- ☐ Stir 1/2 cup vinegar and salt into cucumber liquid; set aside.
- ☐ Combine sugar and water in a small saucepan. Bring to a boil, stirring often; boil 1 minute.
- ☐ Remove from heat, stir in cucumber liquid mixture; set sauce aside.
- ☐ Stir together soy sauce and next 4 ingredients in a small bowl; brush over salmon.
- ☐ Place salmon in a lightly greased 13- x 9-inch pan; sprinkle with sesame seeds.
- ☐ Bake at 450 for 10 to 12 minutes or until desired degree of doneness.
- ☐ Divide cucumber slices among 4 shallow bowls. Spoon cucumber sauce onto cucumbers and top with salmon fillets; add fresh mint sprig to each bowl, if desired.
- ☐ Serve with Ginger Vinaigrette.

Nutrition Facts



Properties

Glycemic Index:75.59, Glycemic Load:7.35, Inflammation Score:-7, Nutrition Score:32.608260724856%

Flavonoids

Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg

Nutrients (% of daily need)

Calories: 364.53kcal (18.23%), Fat: 13.87g (21.34%), Saturated Fat: 2.07g (12.95%), Carbohydrates: 19.49g (6.5%), Net Carbohydrates: 16.57g (6.02%), Sugar: 14.81g (16.46%), Cholesterol: 93.55mg (31.18%), Sodium: 756.83mg (32.91%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 37.86g (75.72%), Selenium: 64.15µg (91.64%), Vitamin B12: 5.41µg (90.15%), Vitamin B6: 1.62mg (80.85%), Vitamin B3: 13.89mg (69.45%), Phosphorus: 461.5mg (46.15%), Vitamin B2: 0.78mg (45.93%), Copper: 0.84mg (41.8%), Potassium: 1357.15mg (38.78%), Vitamin B5: 3.65mg (36.54%), Vitamin B1: 0.52mg (34.8%), Magnesium: 114.65mg (28.66%), Folate: 99.18µg (24.8%), Manganese: 0.47mg (23.36%), Vitamin K: 22.85µg (21.76%), Iron: 2.96mg (16.44%), Zinc: 2.1mg (13.99%), Vitamin C: 11.3mg (13.7%), Fiber: 2.93g (11.72%), Calcium: 114.52mg (11.45%), Vitamin A: 340.02IU (6.8%), Vitamin E: 0.18mg (1.22%)