



Sesame-Crusted Salmon with Orange-Miso Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



48

CALORIES



66 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 5 tablespoons sesame seed white black (and/or)
- ☐ 1 teaspoon ginger fresh grated peeled
- ☐ 1 cup mayonnaise
- ☐ 2 tablespoons orange juice concentrate frozen thawed
- ☐ 0.5 teaspoon orange zest grated
- ☐ 1 tablespoon sesame oil
- ☐ 1.5 pounds salmon fillet skinless cut into 3/4-inch cubes (48 pieces)

- ☐ 2 tablespoons vegetable oil
- ☐ 1 tablespoon soy sauce yellow (fermented soybean paste)

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ toothpicks
- ☐ aluminum foil
- ☐ skewers

Directions

- ☐ Whisk first 6 ingredients in medium bowl to blend well. Season orange-miso sauce to taste with salt and pepper. (Can be made 1 day ahead. Cover; refrigerate. Bring to room temperature before serving.)
- ☐ Line large baking sheet with foil.
- ☐ Place salmon and vegetable oil in large bowl; toss to coat.
- ☐ Sprinkle salmon with salt and pepper.
- ☐ Place sesame seeds on small plate. Coat 1 surface of each salmon piece with sesame seeds. Arrange salmon, sesame-coated side up, in single layer on prepared baking sheet. (Can be made 6 hours ahead. Cover; chill.)
- ☐ Preheat oven to 400°F.
- ☐ Bake salmon uncovered until just cooked through, about 5 minutes; transfer to platter. Skewer each piece with toothpick.
- ☐ Serve warm, passing orange-miso sauce.
- ☐ *Available at Japanese markets and natural foods stores and in the Asian foods section of some supermarkets.

Nutrition Facts



 PROTEIN **18.7%**  FAT **78%**  CARBS **3.3%**

Properties

Glycemic Index:3.35, Glycemic Load:0.09, Inflammation Score:-1, Nutrition Score:2.8530434698838%

Nutrients (% of daily need)

Calories: 65.89kcal (3.29%), Fat: 5.68g (8.75%), Saturated Fat: 0.87g (5.47%), Carbohydrates: 0.54g (0.18%), Net Carbohydrates: 0.41g (0.15%), Sugar: 0.23g (0.26%), Cholesterol: 9.76mg (3.25%), Sodium: 49.22mg (2.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.07g (6.13%), Vitamin K: 8.79µg (8.38%), Selenium: 5.6µg (7.99%), Vitamin B12: 0.46µg (7.61%), Vitamin B6: 0.13mg (6.27%), Vitamin B3: 1.16mg (5.81%), Copper: 0.07mg (3.62%), Phosphorus: 35.53mg (3.55%), Vitamin B2: 0.06mg (3.46%), Vitamin B1: 0.04mg (2.74%), Vitamin B5: 0.25mg (2.49%), Potassium: 79.13mg (2.26%), Magnesium: 7.49mg (1.87%), Iron: 0.26mg (1.42%), Vitamin E: 0.21mg (1.4%), Manganese: 0.03mg (1.33%), Folate: 5.14µg (1.28%), Zinc: 0.17mg (1.15%), Vitamin C: 0.92mg (1.12%), Calcium: 10.68mg (1.07%)