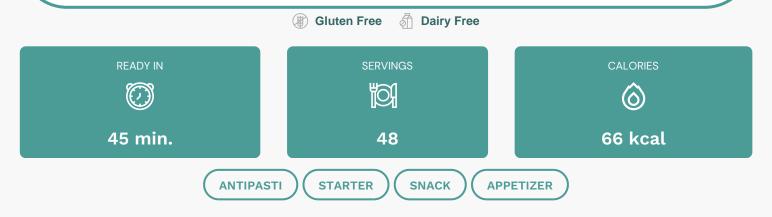


Sesame-Crusted Salmon with Orange-Miso Sauce



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

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: Og (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%)