



Sesame-Ginger Salmon en Papillote

 Dairy Free  Very Healthy

READY IN



25 min.

SERVINGS



4

CALORIES



409 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 heads baby bok choy ends trimmed cut into thirds through the stem
- ☐ 0.5 cup bean sprouts
- ☐ 4 servings pepper black freshly ground
- ☐ 1 teaspoon ginger fresh minced peeled
- ☐ 4 servings olive oil for brushing packets
- ☐ 1 tablespoon orange juice fresh
- ☐ 1 of orange zest
- ☐ 1 bell pepper red seeded thinly sliced

- ☐ 2 teaspoons rice vinegar
- ☐ 24 ounce salmon fillet
- ☐ 0.3 cup diagonally scallions thinly sliced for garnish
- ☐ 2 teaspoons sesame oil toasted
- ☐ 3 tablespoons soya sauce

Equipment

- ☐ bowl
- ☐ baking paper
- ☐ oven

Directions

- ☐ Preheat the oven to 425 degrees F.
- ☐ Combine the orange zest, ginger, soy sauce, orange juice, vinegar, sesame oil and honey together in a small bowl; set aside.
- ☐ Fold 4 (16 by-12-inch) parchment paper squares in 1/2 lengthwise.
- ☐ Evenly divide the bok choy, bell peppers, and bean sprouts among the 4 parchment packets. Season the vegetables with 1 tablespoon sesame-ginger marinade.
- ☐ Place a salmon fillet on top of the vegetables and season with the black pepper and an additional tablespoon of the marinade.
- ☐ Fold the top half of the parchment over the fish, and overlap small folds along the open edge to seal.
- ☐ Brush each packet with olive oil.
- ☐ Bake for 8 to 10 minutes, until the parchment paper puffs up.
- ☐ Transfer the parchment packets to plates. Carefully cut the packets open, avoiding the hot steam, and serve.
- ☐ Per serving (includes scallion garnish): Calories 348; Total Fat 14 grams; Saturated Fat 2 grams; Protein 42 grams; Total Carbohydrate 16 grams; Sugar: 10 grams; Fiber 5 grams; Cholesterol 94 milligrams; Sodium 1338 milligrams

Nutrition Facts



Properties

Glycemic Index:57, Glycemic Load:0.85, Inflammation Score:-8, Nutrition Score:31.048260947932%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg

Nutrients (% of daily need)

Calories: 408.7kcal (20.44%), Fat: 26.94g (41.45%), Saturated Fat: 3.92g (24.47%), Carbohydrates: 4.6g (1.53%), Net Carbohydrates: 3.34g (1.21%), Sugar: 2.58g (2.87%), Cholesterol: 93.55mg (31.18%), Sodium: 833.05mg (36.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.07g (72.13%), Vitamin B12: 5.41µg (90.15%), Selenium: 62.38µg (89.11%), Vitamin B6: 1.52mg (76.24%), Vitamin B3: 14.36mg (71.8%), Vitamin C: 44.08mg (53.43%), Vitamin B2: 0.72mg (42.17%), Phosphorus: 376.79mg (37.68%), Vitamin B5: 3.04mg (30.43%), Vitamin K: 31.87µg (30.35%), Vitamin B1: 0.43mg (28.55%), Potassium: 979.86mg (28%), Copper: 0.48mg (24.07%), Vitamin A: 1117.67IU (22.35%), Folate: 73.32µg (18.33%), Vitamin E: 2.58mg (17.18%), Magnesium: 63.63mg (15.91%), Iron: 2.16mg (11.99%), Manganese: 0.18mg (9.08%), Zinc: 1.31mg (8.75%), Fiber: 1.26g (5.03%), Calcium: 35.12mg (3.51%)