



 **88%**  
HEALTH SCORE

# Sesame-Ginger Salmon with Braised Bok Choy

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



**45 min.**

SERVINGS



**4**

CALORIES



**317 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1.5 pounds bok choy
- 0.8 cup fat-skimmed chicken broth
- 2 teaspoons garlic minced
- 1.5 teaspoons ground ginger
- 4 teaspoons salad oil
- 1.5 pounds boned salmon fillet with skin (maximum 1 in. thick)
- 4 teaspoons sesame seed

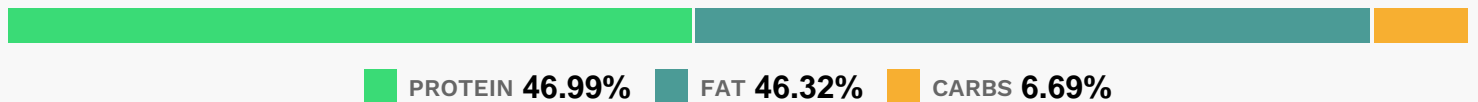
## Equipment

- bowl
- frying pan
- spatula

## Directions

- Rinse bok choy; trim off and discard tough stem ends and any bruised parts.
- Cut the leafy tops crosswise into 2-inch strips; cut the stems crosswise into 1-inch pieces.
- In a 10- to 12-inch frying pan over high heat, stir garlic in 2 teaspoons oil until sizzling, 1 to 2 minutes.
- Add bok choy and broth, cover, and cook until thickest stems are just tender when pierced, 4 to 5 minutes; keep warm.
- Meanwhile, rinse salmon, pat dry, and cut into 4 equal pieces.
- Mix sesame seed with ginger, and rub fish evenly with mixture.
- Pour remaining 2 teaspoons oil into a 10- to 12-inch frying pan over high heat. When oil is hot, in about 1 minute, lay salmon, skin down, in pan; cook 3 minutes. With a wide spatula, turn fish and cook until it is opaque but still moist-looking in center of thickest part (cut to test), about 3 minutes more.
- Place salmon in wide bowls and spoon bok choy and broth equally around fish. Season to taste with salt and pepper.

## Nutrition Facts



## Properties

Glycemic Index:16.25, Glycemic Load:0.22, Inflammation Score:-10, Nutrition Score:43.052173635234%

## Flavonoids

Apigenin: 0.41mg, Apigenin: 0.41mg, Apigenin: 0.41mg, Apigenin: 0.41mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 7.37mg, Kaempferol: 7.37mg, Kaempferol: 7.37mg, Kaempferol: 7.37mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 3.53mg, Quercetin:

3.53mg, Quercetin: 3.53mg, Quercetin: 3.53mg

## Nutrients (% of daily need)

Calories: 316.92kcal (15.85%), Fat: 16.23g (24.97%), Saturated Fat: 2.17g (13.56%), Carbohydrates: 5.27g (1.76%), Net Carbohydrates: 3.2g (1.16%), Sugar: 2.12g (2.35%), Cholesterol: 93.55mg (31.18%), Sodium: 360.16mg (15.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.05g (74.09%), Vitamin A: 7668.52IU (153.37%), Vitamin C: 77.02mg (93.35%), Selenium: 65.19µg (93.13%), Vitamin B12: 5.49µg (91.57%), Vitamin B6: 1.77mg (88.32%), Vitamin K: 80.28µg (76.45%), Vitamin B3: 14.63mg (73.15%), Vitamin B2: 0.78mg (46.01%), Phosphorus: 423.95mg (42.39%), Folate: 157.3µg (39.32%), Potassium: 1300.16mg (37.15%), Vitamin B1: 0.47mg (31.64%), Manganese: 0.63mg (31.32%), Vitamin B5: 3.04mg (30.45%), Copper: 0.56mg (27.94%), Magnesium: 91.07mg (22.77%), Calcium: 223.79mg (22.38%), Iron: 3.25mg (18.03%), Zinc: 1.62mg (10.8%), Fiber: 2.07g (8.3%), Vitamin E: 0.86mg (5.73%)