



Sesame Salmon



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



257 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



1 tablespoon soya sauce low-sodium



24 ounce salmon fillet



1 teaspoon sesame oil



1.5 teaspoons sesame seed

Equipment

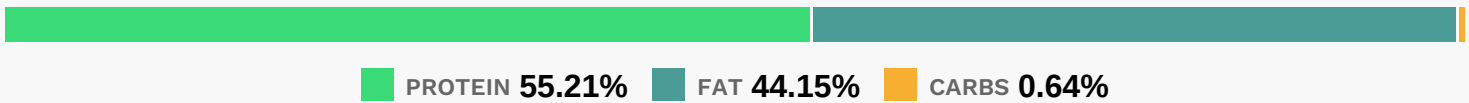


frying pan

Directions

- ☐ Combine soy sauce and sesame oil.
- ☐ Brush mixture evenly over fillets.
- ☐ Sprinkle sesame seeds over 1 side of fillets.
- ☐ Coat a large nonstick skillet with cooking spray, and place over medium-high heat.
- ☐ Add salmon; cook 4 minutes on each side or until fish flakes easily when tested with a fork.
- ☐ carbo rating: 0

Nutrition Facts



Properties

Glycemic Index:8.75, Glycemic Load:0.03, Inflammation Score:-4, Nutrition Score:23.555652201176%

Nutrients (% of daily need)

Calories: 256.96kcal (12.85%), Fat: 12.17g (18.72%), Saturated Fat: 1.86g (11.65%), Carbohydrates: 0.4g (0.13%), Net Carbohydrates: 0.28g (0.1%), Sugar: 0.02g (0.02%), Cholesterol: 93.55mg (31.18%), Sodium: 218.93mg (9.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.24g (68.48%), Vitamin B12: 5.41µg (90.15%), Selenium: 62.36µg (89.09%), Vitamin B6: 1.4mg (70.19%), Vitamin B3: 13.45mg (67.25%), Vitamin B2: 0.66mg (38.7%), Phosphorus: 351.55mg (35.16%), Vitamin B5: 2.84mg (28.44%), Vitamin B1: 0.39mg (26.13%), Potassium: 851.07mg (24.32%), Copper: 0.46mg (22.89%), Magnesium: 54.72mg (13.68%), Folate: 45.01µg (11.25%), Iron: 1.52mg (8.47%), Zinc: 1.18mg (7.86%), Manganese: 0.06mg (3.13%), Calcium: 28.92mg (2.89%), Vitamin A: 68.11IU (1.36%)