



WHATSheATE



HEALTH SCORE

53%

Sesame Salmon with Green Onions and Lemon



Gluten Free

READY IN



24 min.

SERVINGS



4

CALORIES



364 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup baby arugula
- ☐ 0.3 teaspoon pepper black
- ☐ 2 tablespoons sesame seed black
- ☐ 1 tablespoon butter
- ☐ 2 cups green onions (1-inch)
- ☐ 5 slices optional: lemon halved thin
- ☐ 1 tablespoon olive oil extra-virgin

- ☐ 24 ounce sustainable salmon fillets wild (such as Alaskan)
- ☐ 0.5 teaspoon salt divided
- ☐ 2 tablespoons sesame seed

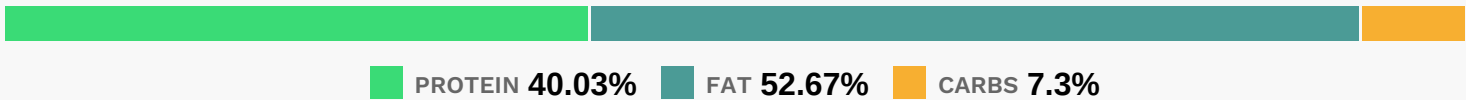
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Preheat oven to 40
- ☐ Arrange salmon in a single layer on a jelly-roll pan coated with cooking spray.
- ☐ Combine sesame seeds and 3/8 teaspoon salt; sprinkle evenly over flesh sides of fillets, pressing gently into fish.
- ☐ Bake at 400 for 14 minutes or until desired degree of doneness.
- ☐ Melt butter in a medium saucepan over medium heat.
- ☐ Add oil to pan; swirl.
- ☐ Add green onions; cook 2 minutes, stirring occasionally.
- ☐ Add lemon slices; cook 2 minutes.
- ☐ Sprinkle green onion mixture with remaining 1/8 teaspoon salt and pepper.
- ☐ Place 1 fillet on each of 4 plates.
- ☐ Place arugula in a medium bowl.
- ☐ Add green onion mixture to bowl with arugula; toss. Divide arugula mixture evenly among servings.

Nutrition Facts



Properties

Glycemic Index:60.38, Glycemic Load:1.28, Inflammation Score:-8, Nutrition Score:34.830434736998%

Flavonoids

Eriodictyol: 1.87mg, Eriodictyol: 1.87mg, Eriodictyol: 1.87mg, Eriodictyol: 1.87mg Hesperetin: 2.44mg, Hesperetin: 2.44mg, Hesperetin: 2.44mg, Hesperetin: 2.44mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 2.43mg, Kaempferol: 2.43mg, Kaempferol: 2.43mg, Kaempferol: 2.43mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.84mg, Quercetin: 5.84mg, Quercetin: 5.84mg, Quercetin: 5.84mg

Nutrients (% of daily need)

Calories: 363.51kcal (18.18%), Fat: 21.25g (32.7%), Saturated Fat: 4.53g (28.33%), Carbohydrates: 6.63g (2.21%), Net Carbohydrates: 4.03g (1.46%), Sugar: 1.51g (1.68%), Cholesterol: 101.08mg (33.69%), Sodium: 398.53mg (17.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.35g (72.7%), Vitamin K: 111.51µg (106.2%), Selenium: 65.23µg (93.18%), Vitamin B12: 5.41µg (90.25%), Vitamin B6: 1.5mg (74.81%), Vitamin B3: 14.02mg (70.1%), Vitamin B2: 0.71mg (41.98%), Phosphorus: 414.05mg (41.41%), Copper: 0.8mg (40.11%), Vitamin B1: 0.48mg (32.08%), Potassium: 1042.04mg (29.77%), Vitamin B5: 2.92mg (29.16%), Magnesium: 90.75mg (22.69%), Folate: 88.22µg (22.06%), Iron: 3.43mg (19.03%), Vitamin C: 14.79mg (17.92%), Manganese: 0.34mg (16.97%), Vitamin A: 775.98IU (15.52%), Calcium: 146.3mg (14.63%), Zinc: 1.94mg (12.92%), Fiber: 2.6g (10.4%), Vitamin E: 0.92mg (6.11%)