



Simple Salmon Chirashi



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



439 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup avocado cubed
- ☐ 1 cup cucumber english halved sliced
- ☐ 2 green onions sliced
- ☐ 0.5 teaspoon kosher salt
- ☐ 0.3 cup soya sauce reduced-sodium
- ☐ 1 sheet nori seaweed
- ☐ 0.5 teaspoon pepper
- ☐ 1 pound salmon fillet wild such as sockeye, skinned and cut into 4 pieces

- ☐ 0.5 teaspoon sesame oil toasted
- ☐ 2 tablespoons sesame seed toasted
- ☐ 2 tablespoons wasabi powder
- ☐ 1 cup rice medium-grain white

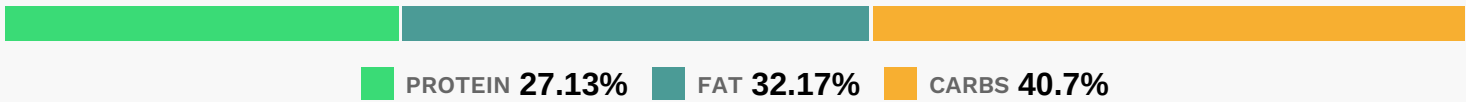
Equipment

- ☐ bowl
- ☐ broiler

Directions

- ☐ Cook rice as package directs. Preheat broiler.
- ☐ Sprinkle salmon on both sides with salt and pepper. Broil fish until done the way you like it, about 6 minutes for medium.
- ☐ Divide rice among 4 serving bowls.
- ☐ Lay a piece of salmon on each. Top each serving with cucumber, avocado, nori, onions, and sesame seeds.
- ☐ Mix soy, wasabi, and oil in a small bowl and serve with the salmon and rice.

Nutrition Facts



Properties

Glycemic Index:50.05, Glycemic Load:22.82, Inflammation Score:-6, Nutrition Score:26.719999935316%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg

Nutrients (% of daily need)

Calories: 438.68kcal (21.93%), Fat: 15.62g (24.04%), Saturated Fat: 2.37g (14.79%), Carbohydrates: 44.47g (14.82%), Net Carbohydrates: 40.19g (14.61%), Sugar: 1g (1.11%), Cholesterol: 62.37mg (20.79%), Sodium: 1113.21mg (48.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.64g (59.28%), Selenium: 50.14µg (71.63%), Vitamin B12: 3.61µg (60.1%), Vitamin B6: 1.19mg (59.4%), Vitamin B3: 10.82mg (54.08%), Manganese: 0.84mg (42.09%), Phosphorus: 371.14mg (37.11%), Vitamin B2: 0.58mg (34.27%), Copper: 0.65mg (32.75%), Vitamin B5: 3.03mg (30.3%), Potassium: 958.82mg (27.39%), Vitamin B1: 0.37mg (24.56%), Vitamin K: 25.11µg (23.91%), Magnesium: 90.78mg (22.69%), Folate: 82.72µg (20.68%), Fiber: 4.28g (17.12%), Iron: 2.58mg (14.32%), Zinc: 2.07mg (13.83%), Calcium: 89.84mg (8.98%), Vitamin C: 6.9mg (8.36%), Vitamin E: 0.98mg (6.54%), Vitamin A: 222.34IU (4.45%)