



Spice-Crusted Salmon with Citrus Sauce

READY IN



45 min.

SERVINGS



12

CALORIES



50 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon pepper black freshly ground
- ☐ 1 tablespoon coriander seeds
- ☐ 0.5 teaspoon pepper red crushed
- ☐ 1 tablespoon cumin seeds
- ☐ 2 tablespoons fennel seeds
- ☐ 2 tablespoons cilantro leaves fresh finely chopped
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.5 teaspoon lemon rind grated
- ☐ 0.5 teaspoon lime rind grated

- ☐ 3 tablespoons orange juice fresh
- ☐ 0.5 teaspoon orange rind grated
- ☐ 0.3 cup panko bread crumbs (Japanese breadcrumbs)
- ☐ 6 ounce salmon fillet ()
- ☐ 0.3 teaspoon salt
- ☐ 2.5 teaspoons salt
- ☐ 0.5 cup cup heavy whipping cream fat-free sour
- ☐ 6 ounce carton yogurt plain fat-free

Equipment

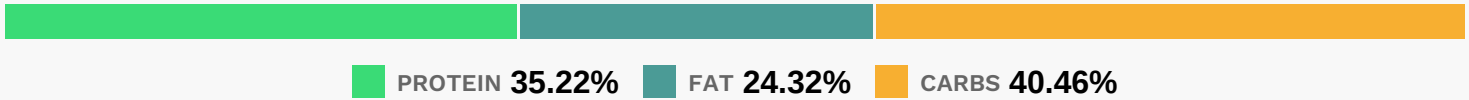
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ aluminum foil
- ☐ spatula

Directions

- ☐ Preheat oven to 400
- ☐ To prepare sauce, spoon yogurt onto several layers of heavy-duty paper towels; spread to 1/2-inch thickness. Cover with additional paper towels; let stand 5 minutes.
- ☐ Scrape into a bowl using a rubber spatula.
- ☐ Add sour cream and next 8 ingredients (sour cream through 1/4 teaspoon salt). Cover and chill.
- ☐ To prepare salmon, place fennel, coriander, and cumin in a spice or coffee grinder; process until finely ground.
- ☐ Combine spice mixture, breadcrumbs, 2 1/2 teaspoons salt, and black pepper in a shallow dish. Dredge skinned side of salmon in spice mixture.
- ☐ Heat a large nonstick skillet coated with cooking spray over medium-high heat.

- ☐ Add half of salmon, crust side down; cook 3 minutes or until golden brown.
- ☐ Transfer salmon, crust side up, to a baking sheet lined with aluminum foil. Repeat procedure with remaining salmon.
- ☐ Bake at 400 for 8 minutes or until fish flakes easily when tested with a fork.
- ☐ Serve with sauce.
- ☐ Garnish with cilantro sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:13.17, Glycemic Load:0.26, Inflammation Score:-2, Nutrition Score:4.3186956669973%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 49.7kcal (2.49%), Fat: 1.37g (2.11%), Saturated Fat: 0.19g (1.21%), Carbohydrates: 5.13g (1.71%), Net Carbohydrates: 4.34g (1.58%), Sugar: 1.59g (1.76%), Cholesterol: 8.94mg (2.98%), Sodium: 576.22mg (25.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.46g (8.93%), Selenium: 6.68µg (9.54%), Vitamin B12: 0.57µg (9.51%), Phosphorus: 72.57mg (7.26%), Vitamin B6: 0.14mg (6.92%), Vitamin B2: 0.12mg (6.81%), Vitamin B3: 1.35mg (6.74%), Calcium: 66.65mg (6.66%), Manganese: 0.13mg (6.6%), Iron: 0.87mg (4.85%), Potassium: 166.26mg (4.75%), Vitamin B1: 0.07mg (4.53%), Magnesium: 16.6mg (4.15%), Vitamin C: 2.86mg (3.47%), Vitamin B5: 0.35mg (3.46%), Copper: 0.07mg (3.39%), Fiber: 0.79g (3.17%), Zinc: 0.39mg (2.59%), Folate: 9.11µg (2.28%), Vitamin A: 78.91IU (1.58%)