



HEALTH SCORE

61%

## Steamed Salmon with Savory Black Bean Sauce



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



338 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 2 tablespoons black bean garlic sauce
- ☐ 2 teaspoons cornstarch
- ☐ 2 teaspoons sesame oil dark
- ☐ 2 wood ear mushrooms dried
- ☐ 1 tablespoon garlic fresh minced
- ☐ 0.5 cup green onions thinly sliced
- ☐ 0.1 teaspoon ground pepper white

- ☐ 1 to 2 jalapeño peppers thinly sliced
- ☐ 3 tablespoons sake (rice wine)
- ☐ 24 ounce salmon fillet ( )
- ☐ 0.3 teaspoon salt
- ☐ 1 teaspoon sugar

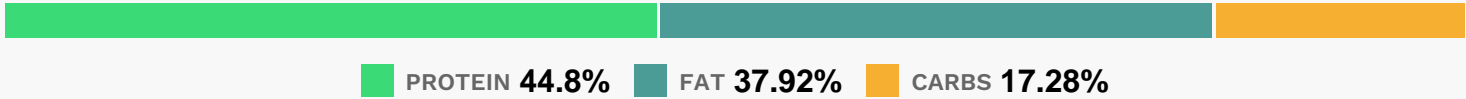
## Equipment

- ☐ wok
- ☐ steamer basket

## Directions

- ☐ Soak mushrooms in hot water 20 minutes or until soft; drain and cut into thin strips.
- ☐ Cut 3 (3/4-inch) deep lengthwise slits in each fillet.
- ☐ Combine cornstarch, salt, and pepper; sprinkle over fish.
- ☐ Let stand 10 minutes. Stuff mushroom strips and green onions into slits.
- ☐ Place fish in a 9-inch pie plate.
- ☐ Combine sake and the remaining ingredients; pour over fish.
- ☐ Place a bamboo steamer basket in a large wok, and add water to wok to a depth of 1 1/2 inches below basket. Bring the water to a boil.
- ☐ Place pie plate in bottom of steamer basket; cover and cook 8 minutes or until fish flakes easily when tested with a fork.
- ☐ Wine note: In this dish, the sweet earthiness of the mushrooms and black bean sauce as well as the flavor of the salmon form a perfect counterpoint to the earthy flavors and silky texture of a good pinot noir. Try Sebastiani pinot noir 2002 (Russian River Valley, California), \$23, with its forestlike aromas of earth, dried leaves, and underbrush, and its seductive flavors of dried cherries, mocha, and vanilla. –Karen MacNeil

## Nutrition Facts



## Properties

Glycemic Index:41.02, Glycemic Load:1.12, Inflammation Score:-6, Nutrition Score:27.845651989398%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.55mg, Quercetin: 1.55mg, Quercetin: 1.55mg, Quercetin: 1.55mg

Nutrients (% of daily need)

Calories: 338.34kcal (16.92%), Fat: 13.65g (21.01%), Saturated Fat: 2.11g (13.18%), Carbohydrates: 14g (4.67%), Net Carbohydrates: 12.19g (4.43%), Sugar: 5.12g (5.68%), Cholesterol: 93.55mg (31.18%), Sodium: 229.93mg (10%), Alcohol: 1.81g (100%), Alcohol %: 0.9% (100%), Protein: 36.31g (72.61%), Vitamin B12: 5.41µg (90.15%), Selenium: 62.92µg (89.89%), Vitamin B6: 1.48mg (74.02%), Vitamin B3: 14.29mg (71.45%), Vitamin B2: 0.69mg (40.36%), Phosphorus: 389.75mg (38.98%), Vitamin B5: 3.19mg (31.85%), Vitamin B1: 0.47mg (31.1%), Potassium: 1009.11mg (28.83%), Vitamin K: 26.96µg (25.68%), Copper: 0.47mg (23.49%), Folate: 70.44µg (17.61%), Magnesium: 70.27mg (17.57%), Vitamin C: 10.2mg (12.36%), Iron: 2mg (11.12%), Zinc: 1.38mg (9.18%), Manganese: 0.16mg (8.05%), Fiber: 1.81g (7.25%), Vitamin A: 314.72IU (6.29%), Calcium: 35.2mg (3.52%), Vitamin E: 0.26mg (1.7%)