



HEALTH SCORE

100%

## Walnut and Herb-Stuffed Salmon with Spicy Tahini Sauce



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



380 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 tsp cinnamon
- 1 tsp cumin
- 0.3 cup olive oil extra virgin
- 0.5 cup flat parsley chopped
- 0.5 cup cilantro leaves fresh chopped
- 4 cloves garlic minced
- 0.5 juice of lemon

- 1 lemon zest
- 1 tsp paprika
- 4 to 5 chilies red hot seeded chopped
- 2 lb salmon fillet trimmed to be the same size
- 6 servings salt and pepper
- 0.5 cup walnuts toasted

## Equipment

- food processor
- oven
- baking pan
- kitchen twine

## Directions

- Preheat the oven to 375°F. Prepare the salmon fillets by trimming the extra thin belly part. Use tweezers to pull out any bones. Blot dry and sprinkle half of the cinnamon on the meat side of each fillet and set aside to make the filling.
- In a food processor, place the walnuts, garlic, cilantro, parsley, lemon juice and zest, chilies, paprika, cumin, cinnamon, olive oil, salt and pepper. Pulse a couple of times until all the ingredients are chopped. Don't overprocess—try to keep a slightly coarse texture.
- Place one fillet skin side down on a working surface and place enough of the spicy walnut filling to fully coat the fish. Cover with the other fillet skin side up. Using the kitchen twine, gently tie up the fish to ensure the filling stays in place.
- Drizzle olive oil in the baking dish and put in the prepared fillet, drizzling a little more oil on top. Season with salt and pepper.
- Bake for about 20–25 minutes until done.
- Serve with tabbouleh and spicy tahini sauce on the side to drizzle over the cooked fish.

## Nutrition Facts

 PROTEIN 34.07%  FAT 59.6%  CARBS 6.33%

## Properties

Glycemic Index:30.67, Glycemic Load:1.38, Inflammation Score:-8, Nutrition Score:33.443478107452%

## Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.77mg, Myricetin: 0.77mg, Myricetin: 0.77mg, Myricetin: 0.77mg Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg

## Nutrients (% of daily need)

Calories: 379.53kcal (18.98%), Fat: 25.27g (38.88%), Saturated Fat: 3.36g (21%), Carbohydrates: 6.04g (2.01%), Net Carbohydrates: 4.18g (1.52%), Sugar: 2.08g (2.31%), Cholesterol: 83.16mg (27.72%), Sodium: 268.09mg (11.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.5g (65%), Vitamin K: 96.51µg (91.91%), Selenium: 56.18µg (80.26%), Vitamin B12: 4.81µg (80.13%), Vitamin B6: 1.49mg (74.27%), Vitamin C: 53.17mg (64.45%), Vitamin B3: 12.53mg (62.63%), Vitamin B2: 0.63mg (37.14%), Phosphorus: 359.09mg (35.91%), Copper: 0.6mg (29.84%), Manganese: 0.55mg (27.7%), Vitamin B1: 0.41mg (27.36%), Potassium: 944mg (26.97%), Vitamin B5: 2.69mg (26.89%), Vitamin A: 1054.35IU (21.09%), Magnesium: 71.97mg (17.99%), Folate: 63.62µg (15.9%), Iron: 2.57mg (14.28%), Vitamin E: 1.78mg (11.88%), Zinc: 1.48mg (9.83%), Fiber: 1.86g (7.44%), Calcium: 53.34mg (5.33%)