



Wasabi Salmon with Bok Choy, Green Cabbage, and Shiitakes



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



428 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound baby bok choy halved
- ☐ 2 large garlic cloves finely grated
- ☐ 1 piece ginger finely grated peeled
- ☐ 4 servings kosher salt freshly ground
- ☐ 0.3 cup mayonnaise
- ☐ 2 tablespoons olive oil
- ☐ 24 ounce salmon fillet wild skinless (preferably)

- ☐ 4 ounces mushroom caps stemmed sliced
- ☐ 1 teaspoon wasabi paste (Japanese horseradish paste)

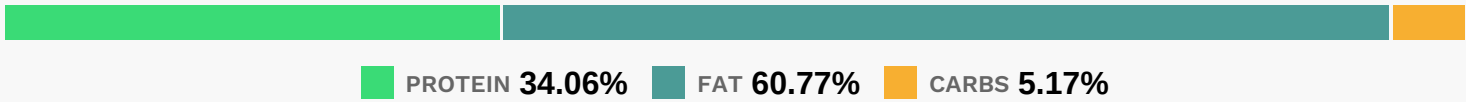
Equipment

- ☐ bowl
- ☐ oven

Directions

- ☐ Preheat oven to 450°F.
- ☐ Heat a large rimmedbaking sheet for 15 minutes.
- ☐ Meanwhile, mix mayonnaise and wasabiin a small bowl. Stir in half of ginger and halfof garlic; set aside. Season fish all over withsalt and pepper.
- ☐ Place bok choy, cabbage,and mushrooms in a large bowl.
- ☐ Drizzle withoil and add remaining ginger and garlic.Toss to coat; season with salt and pepper.
- ☐ Scatter vegetables across one side ofbaking sheet. Arrange salmon on other side.Roast, stirring vegetables occasionally,until salmon is cooked through, 12–15minutes. Divide vegetables among plates;top with salmon.
- ☐ Serve wasabi mayonnaisealongside.
- ☐ Per serving: 476 calories, 31 g fat, 6 g carbohydrates
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:39.75, Glycemic Load:0.62, Inflammation Score:-10, Nutrition Score:34.756521782149%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 428.25kcal (21.41%), Fat: 28.43g (43.73%), Saturated Fat: 4.28g (26.74%), Carbohydrates: 5.44g (1.81%), Net Carbohydrates: 3.41g (1.24%), Sugar: 1.93g (2.15%), Cholesterol: 99.43mg (33.14%), Sodium: 240.86mg (10.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.85g (71.7%), Vitamin A: 5124.47IU (102.49%), Selenium: 64.25µg (91.79%), Vitamin B12: 5.43µg (90.43%), Vitamin B6: 1.5mg (75.03%), Vitamin B3: 14.5mg (72.51%), Vitamin C: 52.11mg (63.16%), Vitamin B2: 0.71mg (42.02%), Phosphorus: 378.93mg (37.89%), Vitamin B5: 3.3mg (32.96%), Potassium: 944.23mg (26.98%), Vitamin B1: 0.4mg (26.35%), Vitamin K: 27.23µg (25.93%), Copper: 0.48mg (23.99%), Calcium: 151.94mg (15.19%), Magnesium: 57.3mg (14.32%), Iron: 2.42mg (13.45%), Folate: 47.39µg (11.85%), Vitamin E: 1.47mg (9.83%), Zinc: 1.45mg (9.64%), Fiber: 2.03g (8.13%), Manganese: 0.14mg (7.01%)