

Spicy Salmon and Cabbage Salad

Prep Time = 10 min	Cook Time = 15 min	Total Time = 25 min	Servings = 2
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Ingredients:

Spicy Salmon

- 2 Pieces of Wild-Caught Salmon Cut to 4 oz Each
- 2 Tablespoons Real Butter from Grass-Fed Cows
- Dash of Hot Pepper Flakes
- 1/8 Cup of Maple Syrup for Sweetener
- 1 Lime for Freshly Squeezed Lime Juice
- 1 Lemon for Freshly Squeezed Lemon Juice
- Dash of Freshly Ground Cinnamon

Cabbage Salad

- 1/2 Red Cabbage Sliced
- 1/2 White Cabbage Sliced
- 4 Green Onions Chopped
- 1/2 Red Bell Pepper Sliced
- 1/2 Yellow Bell Pepper Sliced
- 1 Small Tomato sliced
- 1 Carrot Organic
- 1/4 Cup Almond Slivers
- 1/4 Cup Crushed Walnuts
- 1 Apple Organic Sliced Thinly
- 1 Tablespoon Sesame Seeds Dried

Cabbage Salad Dressing

- 2 Tablespoons Peanut Oil
- 2 Tablespoons Rice Wine Vinegar
- 1/2 Teaspoon Sesame Oil
- 1 Tablespoon of Fresh Ginger
- 1/2 Teaspoon Honey from Local Farmer
- 1 Lime for Freshly Squeezed Juice
- Hot Pepper Flakes to Taste
- Sea Salt to Taste
- Black Ground Pepper to Taste

Directions:

Directions for Spicy Salmon:

1. Preheat your oven to broil setting.
2. Melt 2 tablespoons of butter in microwave and use brush to brush both pieces of wild-caught salmon with butter.
3. Ensure you have the skin side of the salmon facing down and place meat side of salmon up towards heat source in your oven while it's on broil.
4. Broil in oven for approximately 10 minutes.

5. While your wild-caught salmon is broiling in the oven, make the maple syrup mixture by mixing maple syrup, lime juice, lemon juice, cinnamon, and hot pepper flakes into a small bowl. I personally like to heat up the maple syrup in the microwave slightly to make it hot. You don't want to pour a cold mixture over your hot salmon.
6. Once you get the salmon out of the broiler oven, pour your maple syrup mixture over the salmon and enjoy with your cabbage salad. Make sure your cabbage salad is ready before your salmon so you get to eat your salmon while it is hot.
7. Have a great meal. Enjoy this very much as it's absolutely amazing and highly, highly nutritious. This meal will improve your body very, very much!

Directions for Cabbage Salad:

1. Add all ingredients to large bowl and mix together.
2. Enjoy as that's it. Takes more time to gather the ingredients than to prepare. Very quick and easy. Very, very nutritious. This cabbage salad goes perfect with the spicy salmon. God bless you.

Nutrition Facts	
Serving Size 1842 g	
Amount Per Serving	
Calories 1754	Calories from Fat 919
% Daily Value*	
Total Fat 106g	163%
Saturated Fat 25g	127%
Trans Fat 0g	
Cholesterol 183mg	61%
Sodium 962mg	40%
Total Carbohydrate 151g	50%
Dietary Fiber 38g	152%
Sugars 86g	
Protein 73g	
Vitamin A 421% • Vitamin C 1190%	
Calcium 72% • Iron 77%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
NutritionData.com	

Vitamins

Amounts Per Selected Serving		%DV
Vitamin A	21070 IU	421%
Vitamin C	714 mg	1190%
Vitamin D	~	~
Vitamin E (Alpha Tocopherol)	~15.3 mg	~76%
Vitamin K	~606 mcg	~758%
Thiamin	~1.5 mg	~99%
Riboflavin	~1.9 mg	~114%
Niacin	~24.9 mg	~124%
Vitamin B6	~4.1 mg	~207%
Folate	~476 mcg	~119%
Vitamin B12	~7.2 mcg	~120%
Pantothenic Acid	~6.5 mg	~65%
Choline	~176 mg	
Betaine	~3.2 mg	

Minerals

Amounts Per Selected Serving		%DV
Calcium	723 mg	72%
Iron	13.9 mg	77%
Magnesium	403 mg	101%
Phosphorus	1114 mg	111%
Potassium	4411 mg	126%
Sodium	962 mg	40%
Zinc	8.3 mg	56%
Copper	2.2 mg	108%
Manganese	~5.8 mg	~289%
Selenium	~89.9 mcg	~128%
Fluoride	~13.9 mcg	

Calorie Information

Amounts Per Selected Serving		%DV
Calories	1754 (7344 kJ)	88%
From Carbohydrate	561 (2349 kJ)	
From Fat	919 (3848 kJ)	
From Protein	274 (1147 kJ)	
From Alcohol	~0.0 (0.0 kJ)	

Protein & Amino Acids

Amounts Per Selected Serving		%DV
Protein	73.0 g	146%

Carbohydrates

Amounts Per Selected Serving		%DV
Total Carbohydrate	151 g	50%
Dietary Fiber	38.1 g	152%
Starch	~1.2 g	
Sugars	~86.5 g	

Fats & Fatty Acids

Amounts Per Selected Serving		%DV
Total Fat	106 g	163%
Saturated Fat	25.4 g	127%
Monounsaturated Fat	~36.9 g	
Polyunsaturated Fat	~36.2 g	
Total trans fatty acids	~0.0 g	
Total trans-monoenoic fatty acids	~0.0 g	
Total trans-polyenoic fatty acids	~0.0 g	
Total Omega-3 fatty acids	~7605 mg	
Total Omega-6 fatty acids	~27853 mg	

Your Notes: