

Asian Glazed Salmon



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



385 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup brown sugar
- ☐ 0.5 teaspoon garlic chopped
- ☐ 2 tablespoons ginger peeled sliced
- ☐ 2 tablespoons hoisin sauce
- ☐ 1 tablespoon juice of lime fresh
- ☐ 4 servings pepper dried red
- ☐ 1.5 pounds salmon fillet
- ☐ 0.3 cup soya sauce

Equipment


- ☐ sauce pan
- ☐ broiler
- ☐ broiler pan

Directions

- ☐ Place the sugar, soy sauce, hoisin sauce, ginger, dash of red pepper flakes, garlic, and lime juice in a medium nonreactive saucepan.
- ☐ Bring the mixture to a boil, reduce the heat to medium, and cook for 15 to 20 minutes, or until the sauce forms a glaze. Set aside.
- ☐ Preheat the broiler.
- ☐ Place the salmon fillets on a broiler pan and baste with the sauce.
- ☐ Let sit for 15 minutes. Broil them until cooked through, about 8 minutes, basting again with the glaze.
- ☐ Remove the salmon from the heat and baste once more with the glaze before serving.
- ☐ Taste
- ☐ Book, using the USDA Nutrition Database
- ☐ From New Legal Sea Foods Cookbook by Roger Berkowitz & Jane Doerfer Copyright (c) 2003 by Roger Berkowitz & Jane Doerfer Published by Broadway Books.Roger Berkowitz, president and CEO of Legal Sea Foods since 1992, started working in his family's fish market at the age of ten. He frequently offers his expert opinion on the fishing industry on network news segments (CNN, CBS News, Eye on America, NBC Nightly News), has given culinary advice and demonstrations on the Today Show and Good Morning America, and lectures widely. He and his wife, Lynne, live in Newton, Massachusetts.Jane Doerfer coauthored the previous Legal Sea Foods Cookbook with George Berkowitz. She is the author of several cookbooks, including Going Solo in the Kitchen. Edward Koren is a regular contributor to The New Yorker and has illustrated a number of books, including A Dog’s Life and How to Eat Like a Child. He lives in Vermont.

Nutrition Facts



 PROTEIN **38.08%**  FAT **26.78%**  CARBS **35.14%**

Properties

Glycemic Index:15, Glycemic Load:0.26, Inflammation Score:-6, Nutrition Score:26.636087002962%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 385.17kcal (19.26%), Fat: 11.39g (17.52%), Saturated Fat: 1.77g (11.08%), Carbohydrates: 33.64g (11.21%), Net Carbohydrates: 32.47g (11.81%), Sugar: 29.46g (32.73%), Cholesterol: 93.79mg (31.26%), Sodium: 1325.5mg (57.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.45g (72.9%), Selenium: 63.2µg (90.29%), Vitamin B12: 5.41µg (90.15%), Vitamin B6: 1.5mg (74.99%), Vitamin B3: 14.52mg (72.62%), Vitamin B2: 0.71mg (42%), Phosphorus: 377.76mg (37.78%), Vitamin B5: 2.98mg (29.77%), Potassium: 979.97mg (28%), Vitamin B1: 0.4mg (26.91%), Copper: 0.5mg (25.23%), Magnesium: 66.34mg (16.58%), Iron: 2.47mg (13.74%), Vitamin A: 663.43IU (13.27%), Folate: 49.45µg (12.36%), Manganese: 0.21mg (10.53%), Zinc: 1.31mg (8.74%), Calcium: 58.03mg (5.8%), Vitamin E: 0.8mg (5.35%), Fiber: 1.17g (4.67%), Vitamin K: 2.19µg (2.08%), Vitamin C: 1.46mg (1.77%)