



Asian Marinated Salmon

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



421 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons sesame oil dark
- 2 tablespoons honey
- 0.5 cup mirin sweet (rice wine)
- 24 ounce salmon fillet ()
- 0.3 cup miso white (soybean paste)

Equipment

- grill
- ziploc bags

Directions

- Combine first 4 ingredients in a large zip-top plastic bag.
- Add fish; seal and marinate in refrigerator 2 hours, turning bag occasionally.
- Prepare grill.
- Remove fish from bag; discard marinade.
- Place fish on grill rack coated with cooking spray; grill 3 1/2 minutes on each side or until fish flakes easily when tested with a fork or until desired degree of doneness.

Nutrition Facts

 **PROTEIN 38.42%**  **FAT 44.93%**  **CARBS 16.65%**

Properties

Glycemic Index:28.32, Glycemic Load:7.31, Inflammation Score:-5, Nutrition Score:25.629565124764%

Nutrients (% of daily need)

Calories: 420.91kcal (21.05%), Fat: 19.16g (29.48%), Saturated Fat: 2.9g (18.1%), Carbohydrates: 15.97g (5.32%), Net Carbohydrates: 14.71g (5.35%), Sugar: 10.04g (11.16%), Cholesterol: 93.55mg (31.18%), Sodium: 930.65mg (40.46%), Alcohol: 4.83g (100%), Alcohol %: 2.55% (100%), Protein: 36.86g (73.72%), Selenium: 64.19µg (91.71%), Vitamin B12: 5.43µg (90.46%), Vitamin B6: 1.44mg (71.98%), Vitamin B3: 13.59mg (67.95%), Vitamin B2: 0.7mg (41.4%), Phosphorus: 378.85mg (37.89%), Vitamin B5: 2.91mg (29.15%), Vitamin B1: 0.41mg (27.13%), Copper: 0.53mg (26.4%), Potassium: 894.56mg (25.56%), Magnesium: 62.34mg (15.58%), Folate: 47.09µg (11.77%), Manganese: 0.23mg (11.62%), Zinc: 1.7mg (11.36%), Iron: 2.01mg (11.14%), Vitamin K: 7.67µg (7.3%), Fiber: 1.26g (5.03%), Calcium: 35.6mg (3.56%), Vitamin A: 87.98IU (1.76%)