



Asian Salmon



Gluten Free



Dairy Free

READY IN



55 min.

SERVINGS



8

CALORIES



321 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup apricot preserves
- ☐ 2 tablespoons canola oil
- ☐ 2 teaspoons dijon mustard
- ☐ 2.5 teaspoons garlic clove finely chopped
- ☐ 4 teaspoons ginger grated
- ☐ 2 tablespoons spring onion thinly sliced
- ☐ 3 lb salmon fillet
- ☐ 1 tablespoon sesame seed toasted

- ☐ 0.7 cup teriyaki sauce
- ☐ 0.3 cup water

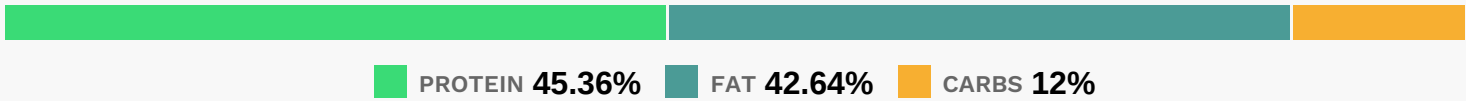
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Heat oven to 425F. Line 15x10x1-inch pan with foil; spray foil with cooking spray.
- ☐ In 2-quart saucepan, stir together teriyaki sauce, preserves, water, oil, gingerroot, mustard and garlic.
- ☐ Heat to boiling over medium-high heat, stirring occasionally. Reduce heat to low; simmer uncovered 5 minutes, stirring occasionally, until slightly thickened.
- ☐ Rinse salmon fillets; pat dry with paper towels.
- ☐ Place salmon, skin sides down, in pan. Spoon 1/2 cup sauce mixture over salmon.
- ☐ Bake uncovered 20 to 25 minutes, rotating pan after 10 minutes, until salmon flakes easily with fork.
- ☐ Meanwhile, heat remaining sauce mixture to boiling. Reduce heat to low; simmer uncovered 5 minutes, stirring occasionally, until thickened and reduced to about 1/2 cup.
- ☐ Carefully transfer salmon to serving platter.
- ☐ Drizzle with thickened sauce mixture.
- ☐ Sprinkle with onions and sesame seed.

Nutrition Facts



Properties

Glycemic Index:18, Glycemic Load:0.18, Inflammation Score:-4, Nutrition Score:25.12347817421%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 320.9kcal (16.04%), Fat: 14.86g (22.86%), Saturated Fat: 2g (12.52%), Carbohydrates: 9.4g (3.13%), Net Carbohydrates: 9.11g (3.31%), Sugar: 6.67g (7.42%), Cholesterol: 93.55mg (31.18%), Sodium: 1011.76mg (43.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.56g (71.12%), Selenium: 63.42µg (90.59%), Vitamin B12: 5.41µg (90.15%), Vitamin B6: 1.44mg (71.99%), Vitamin B3: 13.75mg (68.76%), Vitamin B2: 0.67mg (39.45%), Phosphorus: 387.35mg (38.73%), Vitamin B5: 2.89mg (28.93%), Vitamin B1: 0.4mg (26.99%), Potassium: 911.77mg (26.05%), Copper: 0.51mg (25.29%), Magnesium: 69.41mg (17.35%), Folate: 46.67µg (11.67%), Iron: 2.01mg (11.19%), Zinc: 1.22mg (8.16%), Vitamin K: 5.64µg (5.37%), Vitamin E: 0.64mg (4.27%), Calcium: 41.59mg (4.16%), Manganese: 0.08mg (4.02%), Vitamin A: 99.21IU (1.98%), Vitamin C: 1.28mg (1.55%), Fiber: 0.3g (1.19%)