



HEALTH SCORE

89%

Barbecue Salmon and Snap Pea Slaw



Gluten Free



Dairy Free



Very Healthy

READY IN



66 min.

SERVINGS



4

CALORIES



362 kcal

SIDE DISH

Ingredients

- ☐ 2 teaspoons t brown sugar dark
- ☐ 2 tablespoons sesame oil dark divided
- ☐ 0.5 inch ginger fresh peeled
- ☐ 3 garlic clove crushed
- ☐ 1.5 tablespoons catsup
- ☐ 0.3 teaspoon kosher salt
- ☐ 2 tablespoons juice of lime fresh
- ☐ 2 tablespoons soy sauce

- ☐ 0.5 cup radishes grated
- ☐ 2 teaspoons rice vinegar
- ☐ 24 ounce salmon fillet wild fresh thawed (such as Alaskan)
- ☐ 0.3 cup shallots vertically sliced
- ☐ 2 cups sugar snap peas trimmed thinly sliced
- ☐ 1 teaspoon chili paste depending on your taste pref fresh such as huy fong)

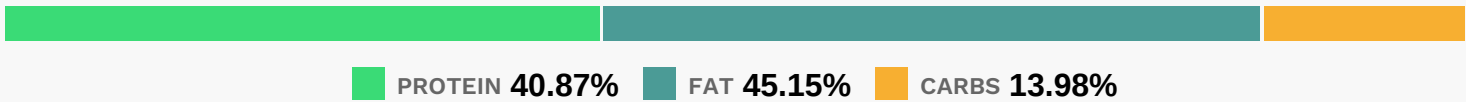
Equipment

- ☐ food processor
- ☐ grill

Directions

- ☐ Preheat the grill to high heat.
- ☐ Combine 1 tablespoon oil, garlic, and ginger in a mini food processor; pulse until finely chopped.
- ☐ Add juice and next 4 ingredients (through chile paste); pulse to combine.
- ☐ Place salmon on a grill rack coated with cooking spray; brush tops of salmon with half of sauce. Grill 10 minutes; brush with remaining sauce. Grill an additional 10 minutes or until desired degree of doneness.
- ☐ Combine peas, radishes, and shallots.
- ☐ Combine vinegar and remaining 1 tablespoon oil, stirring well; drizzle over pea mixture.
- ☐ Sprinkle with salt; toss.
- ☐ Serve with salmon.

Nutrition Facts



Properties

Glycemic Index:39.25, Glycemic Load:0.92, Inflammation Score:-7, Nutrition Score:30.350000122319%

Flavonoids

Pelargonidin: 9.15mg, Pelargonidin: 9.15mg, Pelargonidin: 9.15mg, Pelargonidin: 9.15mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 362.48kcal (18.12%), Fat: 17.97g (27.64%), Saturated Fat: 2.7g (16.86%), Carbohydrates: 12.52g (4.17%), Net Carbohydrates: 10.37g (3.77%), Sugar: 6.85g (7.61%), Cholesterol: 93.55mg (31.18%), Sodium: 570.1mg (24.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.59g (73.19%), Selenium: 63.16µg (90.22%), Vitamin B12: 5.41µg (90.15%), Vitamin B6: 1.59mg (79.39%), Vitamin B3: 13.96mg (69.78%), Vitamin C: 36.16mg (43.82%), Vitamin B2: 0.73mg (42.79%), Phosphorus: 398.3mg (39.83%), Vitamin B5: 3.32mg (33.2%), Vitamin B1: 0.48mg (32%), Potassium: 1087.41mg (31.07%), Copper: 0.51mg (25.32%), Folate: 76.84µg (19.21%), Magnesium: 73.79mg (18.45%), Iron: 2.81mg (15.62%), Manganese: 0.28mg (14.17%), Vitamin K: 13.78µg (13.12%), Vitamin A: 637.57IU (12.75%), Zinc: 1.43mg (9.54%), Fiber: 2.15g (8.61%), Calcium: 61.23mg (6.12%), Vitamin E: 0.43mg (2.89%)