



Bourbon-Glazed Salmon

 Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



326 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 3 tablespoons bourbon
- 3 tablespoons brown sugar
- 1 tablespoon ginger fresh grated peeled
- 3 garlic cloves minced
- 0.3 cup green onions thinly sliced
- 1 tablespoon juice of lime fresh
- 2 tablespoons soya sauce low-sodium

- 24 ounce salmon fillet skinless
- 1 tablespoon sesame seed toasted

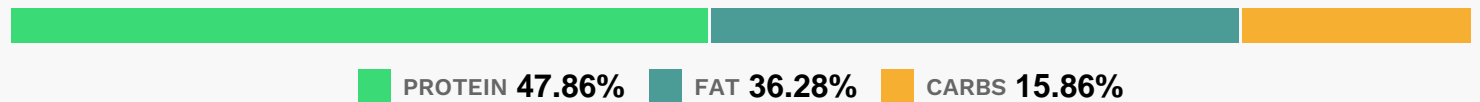
Equipment

- frying pan
- ziploc bags

Directions

- Combine first 7 ingredients in a large zip-top plastic bag.
- Add fish to bag; seal. Marinate in refrigerator 1 1/2 hours, turning occasionally.
- Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- Add fish and marinade to pan; cook fish 4 minutes on each side or until fish flakes easily when tested with a fork or until desired degree of doneness.
- Place 1 fillet on each of 4 plates; drizzle each serving with about 2 teaspoons sauce.
- Sprinkle each serving with 1 tablespoon green onions and 3/4 teaspoon sesame seeds.

Nutrition Facts



Properties

Glycemic Index:39.75, Glycemic Load:0.44, Inflammation Score:-5, Nutrition Score:25.905652318312%

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 Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg

Nutrients (% of daily need)

Calories: 325.75kcal (16.29%), Fat: 11.84g (18.22%), Saturated Fat: 1.82g (11.38%), Carbohydrates: 11.66g (3.89%), Net Carbohydrates: 11.07g (4.03%), Sugar: 9.04g (10.04%), Cholesterol: 93.55mg (31.18%), Sodium: 367.41mg (15.97%), Alcohol: 3.76g (100%), Alcohol %: 2.22% (100%), Protein: 35.15g (70.31%), Selenium: 63.3µg (90.43%), Vitamin B12: 5.41µg (90.15%), Vitamin B6: 1.46mg (73%), Vitamin B3: 13.63mg (68.15%), Vitamin B2: 0.68mg (39.99%),

Phosphorus: 373.94mg (37.39%), Vitamin B5: 2.9mg (28.97%), Vitamin B1: 0.41mg (27.57%), Copper: 0.54mg (26.8%), Potassium: 922.77mg (26.36%), Magnesium: 65.76mg (16.44%), Folate: 52.73µg (13.18%), Vitamin K: 13.2µg (12.58%), Iron: 1.98mg (11.03%), Manganese: 0.19mg (9.32%), Zinc: 1.37mg (9.17%), Calcium: 59.71mg (5.97%), Vitamin C: 3.09mg (3.74%), Vitamin A: 133.29IU (2.67%), Fiber: 0.58g (2.33%)