



HEALTH SCORE

100%

Chili-Glazed Salmon



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



246 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 Bottle chilli sauce sweet (such as Annie Chun's Go Chu Jang Korean & Spicy Sauce)
- ☐ 4 servings ginger fresh
- ☐ 4 servings soy sauce
- ☐ 24 ounce salmon fillet cooked
- ☐ 4 servings spring onion

Equipment

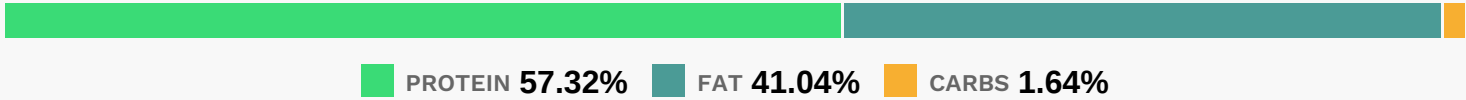
- ☐ baking sheet
- ☐ oven

☐ aluminum foil

Directions

- ☐ Fab it up: Preheat oven to 42
- ☐ Combine 1/4 cup chili sauce, 1 teaspoon lower sodium soy sauce, 1 tablespoon freshly grated peeled fresh ginger, and 1 tablespoon chopped scallions.
- ☐ Spread sauce evenly over salmon fillets; place on a foil-lined baking sheet.
- ☐ Bake just until heated through and golden on top (about 5-10 minutes).

Nutrition Facts



Properties

Glycemic Index:11.75, Glycemic Load:0.14, Inflammation Score:-4, Nutrition Score:24.000434692787%

Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 246.14kcal (12.31%), Fat: 10.82g (16.64%), Saturated Fat: 1.67g (10.47%), Carbohydrates: 0.98g (0.33%), Net Carbohydrates: 0.77g (0.28%), Sugar: 0.3g (0.33%), Cholesterol: 93.55mg (31.18%), Sodium: 114.56mg (4.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.99g (67.97%), Vitamin B12: 5.41µg (90.15%), Selenium: 62.14µg (88.77%), Vitamin B6: 1.4mg (69.99%), Vitamin B3: 13.43mg (67.14%), Vitamin B2: 0.65mg (38.49%), Phosphorus: 344.75mg (34.48%), Vitamin B5: 2.84mg (28.42%), Vitamin B1: 0.39mg (25.91%), Potassium: 861.86mg (24.62%), Copper: 0.44mg (21.76%), Magnesium: 52.08mg (13.02%), Vitamin K: 12.42µg (11.83%), Folate: 47.02µg (11.76%), Iron: 1.48mg (8.19%), Zinc: 1.13mg (7.51%), Vitamin A: 127.86IU (2.56%), Calcium: 25.35mg (2.54%), Manganese: 0.05mg (2.28%), Vitamin C: 1.23mg (1.49%)