

# Chinese Glazed Salmon

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



284 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 4 tablespoons barbecue sauce chinese
- 6 slices bacon lean
- 1 teaspoon cooking oil
- 24 ounce salmon fillet
- 4 servings pepper black freshly ground
- 4 servings spring onion green thinly sliced

## Equipment

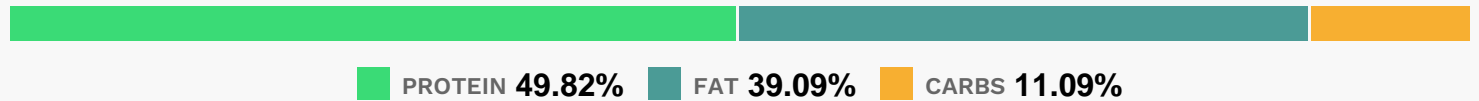
- frying pan

- oven
- broiler

## Directions

- Turn on the broiler. Position the rack about 4 inches from the heat.
- Heat the oil in a large non-stick, oven-proof skillet over medium-high heat.
- Add the salmon, flesh-side down, and sauté until lightly browned, about 1 minute. Turn, season the fish with salt and pepper to taste, spread the barbecue sauce over the flesh side, and drape three half-slices of bacon diagonally over the top of each fillet.
- Transfer the fish to the broiler and cook until the bacon is crisp and the salmon is just cooked through, about 10 minutes for 1-inch-thick salmon fillets.
- Remove, sprinkle with scallions, and serve.

## Nutrition Facts



## Properties

Glycemic Index:16, Glycemic Load:0.1, Inflammation Score:-4, Nutrition Score:24.459565157476%

## 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: 284.42kcal (14.22%), Fat: 11.97g (18.41%), Saturated Fat: 1.78g (11.13%), Carbohydrates: 7.64g (2.55%), Net Carbohydrates: 7.31g (2.66%), Sugar: 5.95g (6.61%), Cholesterol: 93.55mg (31.18%), Sodium: 286.07mg (12.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.32g (68.64%), Vitamin B12: 5.41µg (90.15%), Selenium: 62.35µg (89.08%), Vitamin B6: 1.41mg (70.42%), Vitamin B3: 13.51mg (67.53%), Vitamin B2: 0.66mg (38.89%), Phosphorus: 346.07mg (34.61%), Vitamin B5: 2.87mg (28.65%), Vitamin B1: 0.39mg (26.12%), Potassium: 891.96mg (25.48%), Copper: 0.44mg (22.21%), Magnesium: 52.97mg (13.24%), Vitamin K: 13.61µg (12.96%), Folate: 46.73µg (11.68%), Iron: 1.57mg (8.73%), Zinc: 1.14mg (7.62%), Manganese: 0.07mg (3.58%), Vitamin A: 167.61IU (3.35%), Calcium: 30.95mg (3.09%), Vitamin E: 0.35mg (2.33%), Vitamin C: 1.23mg (1.49%), Fiber: 0.34g (1.36%)