






 **69%**
HEALTH SCORE

Creamed Honey and Miso-Glazed Salmon

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN

45 min.

SERVINGS

4

CALORIES

310 kcal

LUNCH **MAIN COURSE** **MAIN DISH** **DINNER**

Ingredients

- 6 oz daikon shredded finely
- 0.5 teaspoon ginger fresh grated peeled
- 3 tablespoons creamed honey (see notes)
- 1.5 teaspoons rice vinegar
- 1.5 tablespoons miso white
- 1.5 pounds boned thick cut into 4 equal pieces (no more than 1 in.)

Equipment

- bowl

baking sheet

spatula

Directions

Rinse fish and pat dry. In a small bowl, mix honey, miso, lemon juice, and ginger.

Brush fish generously all over with honey mixture. Set pieces slightly apart on a 12- by 15-inch baking sheet.

Broil salmon 3 to 4 inches from heat, turning once with a wide spatula, until opaque but still moist-looking in center of thickest part (cut to test), 7 to 8 minutes total.

Set a piece of fish on each of four plates and mound daikon equally alongside.

Nutrition Facts



Properties

Glycemic Index:52.57, Glycemic Load:7.89, Inflammation Score:-4, Nutrition Score:25.197825769124%

Flavonoids

Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg

Nutrients (% of daily need)

Calories: 310.23kcal (15.51%), Fat: 11.21g (17.25%), Saturated Fat: 1.75g (10.92%), Carbohydrates: 16.39g (5.46%), Net Carbohydrates: 15.32g (5.57%), Sugar: 14.39g (15.99%), Cholesterol: 93.55mg (31.18%), Sodium: 322.26mg (14.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.87g (69.74%), Vitamin B12: 5.41µg (90.24%), Selenium: 62.97µg (89.95%), Vitamin B6: 1.43mg (71.39%), Vitamin B3: 13.53mg (67.67%), Vitamin B2: 0.68mg (39.75%), Phosphorus: 360.9mg (36.09%), Vitamin B5: 2.92mg (29.22%), Potassium: 952.66mg (27.22%), Vitamin B1: 0.4mg (26.62%), Copper: 0.51mg (25.36%), Magnesium: 59.63mg (14.91%), Folate: 55.98µg (14%), Vitamin C: 9.45mg (11.45%), Iron: 1.76mg (9.77%), Zinc: 1.35mg (9.01%), Manganese: 0.11mg (5.62%), Fiber: 1.06g (4.24%), Calcium: 36.62mg (3.66%), Vitamin K: 2µg (1.9%), Vitamin A: 73.59IU (1.47%)