

health-score 96%

HEALTH SCORE

Fast Salmon with a Ginger Glaze

☒ Gluten Free ☒ Dairy Free ☒ Very Healthy

READY IN

ready

25 min.

SERVINGS

servings

4

CALORIES

calories

359 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons brown sugar
- ☐ 1 tablespoon chile paste hot (such as sambal oelek)
- ☐ 0.3 cup basil fresh chopped
- ☐ 1 tablespoon ginger fresh finely grated
- ☐ 4 cloves garlic minced
- ☐ 32 ounce salmon fillet fresh
- ☐ 4 servings salt to taste
- ☐ 0.3 cup seasoned rice vinegar

- ☐ 1 teaspoon soya sauce
- ☐ 0.3 cup water cold

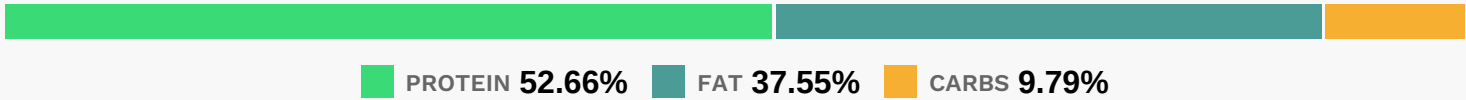
Equipment

- ☐ sauce pan
- ☐ grill

Directions

- ☐ Preheat grill for medium heat and lightly oil the grate.
- ☐ Season salmon fillets with salt.
- ☐ Place salmon on the preheated grill; cook salmon for 6 to 8 minutes per side, or until the fish flakes easily with a fork.
- ☐ Combine water, rice vinegar, brown sugar, chile paste, ginger, garlic, and soy sauce in a small saucepan over medium heat.
- ☐ Bring mixture to a boil, reduce heat to medium and simmer until barely thickened, about 2 minutes.
- ☐ Sprinkle basil on top of salmon; spoon glaze over basil.

Nutrition Facts



Properties

Glycemic Index:45, Glycemic Load:0.35, Inflammation Score:-5, Nutrition Score:30.288695555666%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 358.99kcal (17.95%), Fat: 14.43g (22.2%), Saturated Fat: 2.23g (13.96%), Carbohydrates: 8.47g (2.82%), Net Carbohydrates: 8.31g (3.02%), Sugar: 6.27g (6.97%), Cholesterol: 124.74mg (41.58%), Sodium: 381.95mg (16.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 45.53g (91.06%), Vitamin B12: 7.21µg (120.2%),

Selenium: 83.43µg (119.19%), Vitamin B6: 1.91mg (95.47%), Vitamin B3: 18mg (90.02%), Vitamin B2: 0.87mg (51.29%), Phosphorus: 464.52mg (46.45%), Vitamin B5: 3.81mg (38.12%), Vitamin B1: 0.52mg (34.93%), Potassium: 1161.34mg (33.18%), Copper: 0.6mg (30%), Magnesium: 70.21mg (17.55%), Folate: 58.73µg (14.68%), Iron: 2.04mg (11.33%), Zinc: 1.52mg (10.15%), Manganese: 0.13mg (6.41%), Vitamin K: 6.33µg (6.02%), Calcium: 43.33mg (4.33%), Vitamin A: 178.07IU (3.56%), Vitamin C: 1.93mg (2.34%)