



 **69%**
HEALTH SCORE

Ginger Garlic Chili Salmon

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

READY IN



45 min.

SERVINGS



2

CALORIES



354 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 fillet salmon fillet (half pound each)
- 1 Tbs ginger minced
- 2 cloves garlic crushed
- 2 Tbs brown sugar
- 2 Tbs brown sugar
- 0.3 cup rice vinegar
- 1 tsp chili sauce hot (add or reduce the amount as you like)
- 1 tsp soya sauce

- 0.3 cup water
- 2 stalks spring onion
- 2 servings salt and pepper for seasoning the salmon

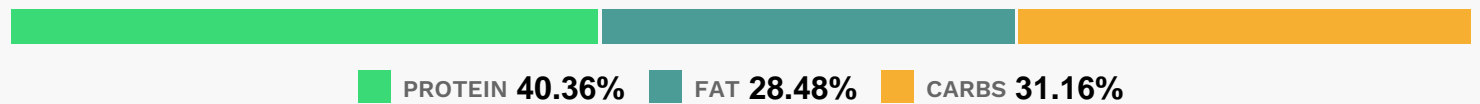
Equipment

- bowl
- frying pan

Directions

- Season both sides of salmon fillets with salt and pepper. Chop green onions and put them aside. In a bowl, combine minced ginger, crushed garlic, brown sugar, rice vinegar, hot chili sauce, soy sauce and water. This is the sauce for simmering the salmon.
- In a deep skillet, pan sear the salmon on medium high heat for 4–5 minutes or until it's almost half done on the side. Flip the salmon to the other side and sear for 2 minutes.
- Pour in the sauce when the salmon is still slightly raw in the middle, and let it simmer for 10 minutes on medium heat. When the sauce is reduced, add in the chopped green onions. Continuously scoop the sauce over the salmon for at least one minute to let the top side of the salmon absorb the sauce.
- Remove the salmon carefully from the skillet and transfer to a dish. If the sauce is not reduced to the desired consistency, leave it in the skillet and let it continue to reduce.
- Pour the sauce over the salmon and serve.

Nutrition Facts



Properties

Glycemic Index:71, Glycemic Load:0.57, Inflammation Score:-5, Nutrition Score:26.003913043478%

Flavonoids

Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.33mg, Quercetin: 1.33mg, Quercetin: 1.33mg, Quercetin: 1.33mg

Nutrients (% of daily need)

Calories: 353.55kcal (17.68%), Fat: 10.85g (16.7%), Saturated Fat: 1.68g (10.52%), Carbohydrates: 26.71g (8.9%), Net Carbohydrates: 26.19g (9.52%), Sugar: 24.05g (26.72%), Cholesterol: 93.5mg (31.17%), Sodium: 481.39mg (20.93%), Protein: 34.61g (69.22%), Vitamin B12: 5.41µg (90.1%), Selenium: 63.07µg (90.1%), Vitamin B6: 1.46mg (73.03%), Vitamin B3: 13.66mg (68.29%), Vitamin B2: 0.67mg (39.2%), Phosphorus: 357.66mg (35.77%), Vitamin B5: 2.91mg (29.06%), Potassium: 940.88mg (26.88%), Vitamin B1: 0.4mg (26.78%), Copper: 0.48mg (23.86%), Vitamin K: 25.02µg (23.83%), Magnesium: 58.23mg (14.56%), Folate: 51.66µg (12.91%), Iron: 1.88mg (10.46%), Zinc: 1.21mg (8.08%), Manganese: 0.15mg (7.65%), Calcium: 58.97mg (5.9%), Vitamin C: 3.77mg (4.57%), Vitamin A: 204.91IU (4.1%), Fiber: 0.53g (2.12%)