



WHATSheATE



HEALTH SCORE

85%

Ginger-Glazed Salmon



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



255 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



1 tablespoon brown sugar dark



1 teaspoon dijon mustard



0.5 teaspoon ground ginger



4 fillet salmon



1 teaspoon soya sauce

Equipment



bowl



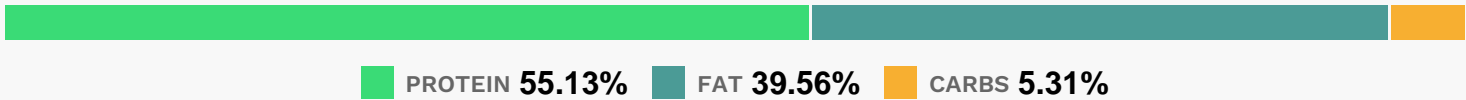
frying pan

- ☐ aluminum foil
- ☐ broiler
- ☐ stove
- ☐ microwave

Directions

- ☐ Prep: 2 minutes Cook: 5 minutes Preheat broiler to high. Coat a broilerproof pan with cooking spray (or line with a piece of foil).
- ☐ Mix sugar, mustard, soy sauce, and ginger in small bowl. Make shallow cuts diagonally across salmon fillets (this lets the sugar mixture flavor the salmon)
- ☐ Brush salmon with brown-sugar mixture. Broil 6 inches from heat for 5 minutes, or until fish flakes easily with a fork. **SPEEDY SIDES** While the salmon broils: Cook couscous on the stovetop; add flavor with low-sodium chicken broth instead of water. Microwave frozen peas; serve with a little butter; season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:11.75, Glycemic Load:0.01, Inflammation Score:-4, Nutrition Score:23.437391098265%

Nutrients (% of daily need)

Calories: 255.3kcal (12.76%), Fat: 10.83g (16.67%), Saturated Fat: 1.68g (10.48%), Carbohydrates: 3.27g (1.09%), Net Carbohydrates: 3.17g (1.15%), Sugar: 2.96g (3.29%), Cholesterol: 93.5mg (31.17%), Sodium: 173.25mg (7.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.96g (67.93%), Vitamin B12: 5.41µg (90.1%), Selenium: 62.66µg (89.52%), Vitamin B6: 1.4mg (69.86%), Vitamin B3: 13.46mg (67.28%), Vitamin B2: 0.65mg (38.21%), Phosphorus: 343.84mg (34.38%), Vitamin B5: 2.84mg (28.43%), Vitamin B1: 0.39mg (25.84%), Potassium: 845.34mg (24.15%), Copper: 0.43mg (21.53%), Magnesium: 51.31mg (12.83%), Folate: 42.92µg (10.73%), Iron: 1.49mg (8.26%), Zinc: 1.11mg (7.42%), Manganese: 0.13mg (6.25%), Calcium: 24.26mg (2.43%), Vitamin A: 68.96IU (1.38%)