



Ginger-Glazed Salmon Fillets



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



306 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 leaves basil fresh
- ☐ 2 tablespoons dijon mustard
- ☐ 3 tablespoons ginger fresh minced
- ☐ 0.3 cup hoisin sauce
- ☐ 3 tablespoons honey
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 36 ounce salmon fillet
- ☐ 0.5 teaspoon salt

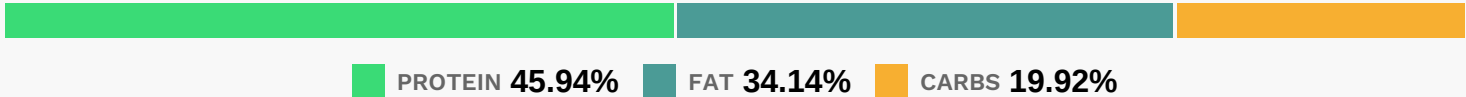
Equipment

- ☐ oven
- ☐ broiler pan

Directions

- ☐ Stir together first 6 ingredients.
- ☐ Place fillets on a lightly greased rack in a broiler pan; pat dry. Spoon ginger mixture over fillets.
- ☐ Bake at 450 for 8 minutes.
- ☐ Broil 5 inches from heat source for 1 minute or until glaze begins to brown.
- ☐ Serve over Steamed Baby Bok Choy.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:28.21, Glycemic Load:4.61, Inflammation Score:-4, Nutrition Score:24.216087078271%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 305.64kcal (15.28%), Fat: 11.38g (17.51%), Saturated Fat: 1.76g (10.97%), Carbohydrates: 14.94g (4.98%), Net Carbohydrates: 14.3g (5.2%), Sugar: 12.01g (13.34%), Cholesterol: 93.9mg (31.3%), Sodium: 510.19mg (22.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.45g (68.91%), Selenium: 64.11µg (91.58%), Vitamin B12: 5.41µg (90.15%), Vitamin B6: 1.41mg (70.62%), Vitamin B3: 13.58mg (67.88%), Vitamin B2: 0.68mg (40.03%), Phosphorus: 352.01mg (35.2%), Vitamin B5: 2.87mg (28.74%), Vitamin B1: 0.4mg (26.43%), Potassium: 880.03mg (25.14%), Copper: 0.46mg (22.83%), Magnesium: 56.55mg (14.14%), Folate: 47.16µg (11.79%), Iron: 1.63mg (9.05%), Zinc: 1.2mg (7.97%), Manganese: 0.1mg (4.78%), Calcium: 28.99mg (2.9%), Vitamin C: 2.24mg (2.72%), Fiber: 0.64g (2.57%), Vitamin A: 76.97IU (1.54%)