



## Glazed Salmon Steaks

 **Gluten Free**  **Dairy Free**

READY IN



**18 min.**

SERVINGS



**8**

CALORIES



**99 kcal**

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 0.3 cup firmly brown sugar packed
- 0.3 cup cooking sherry dry
- 1 clove garlic crushed
- 2 tablespoons honey
- 0.5 cup soya sauce low-sodium
- 4 ounce salmon steaks (1/)
- 2 teaspoons vegetable oil

## Equipment

- sauce pan
- grill
- ziploc bags

## Directions

- Combine first 3 ingredients in a large heavy-duty, zip-top plastic bag.
- Add fish; seal bag, and shake until fish is well coated. Marinate in refrigerator 1 hour, turning occasionally.
- Remove fish from marinade, reserving 3 tablespoons marinade. Discard remaining marinade.
- Combine reserved marinade, brown sugar, honey, and oil in a small saucepan. Cook over medium heat until mixture comes to a boil and sugar dissolves.
- Coat grill rack with cooking spray; place on grill over medium-hot coals (350 to 400).
- Place fish on rack. Grill, covered, 4 to 5 minutes on each side or until fish flakes easily when tested with a fork, basting occasionally with brown sugar mixture.
- Garnish with flowering chives, if desired.

## Nutrition Facts

**PROTEIN 18.29%** **FAT 19.79%** **CARBS 61.92%**

## Properties

Glycemic Index:12.16, Glycemic Load:2.33, Inflammation Score:-1, Nutrition Score:3.2708695984405%

## Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 98.71kcal (4.94%), Fat: 2.07g (3.19%), Saturated Fat: 0.32g (1.98%), Carbohydrates: 14.59g (4.86%), Net Carbohydrates: 14.46g (5.26%), Sugar: 13.38g (14.87%), Cholesterol: 7.8mg (2.6%), Sodium: 583.33mg (25.36%), Alcohol: 1.03g (100%), Alcohol %: 2.33% (100%), Protein: 4.31g (8.62%), Selenium: 5.47µg (7.81%), Vitamin B6:

0.16mg (7.81%), Vitamin B12: 0.45µg (7.51%), Vitamin B3: 1.33mg (6.63%), Phosphorus: 57.76mg (5.78%), Vitamin B2: 0.1mg (5.65%), Manganese: 0.1mg (4.89%), Magnesium: 17.13mg (4.28%), Potassium: 149.08mg (4.26%), Vitamin B5: 0.31mg (3.09%), Folate: 10.86µg (2.72%), Vitamin B1: 0.04mg (2.64%), Copper: 0.05mg (2.55%), Iron: 0.45mg (2.5%), Vitamin K: 2.12µg (2.01%), Zinc: 0.25mg (1.65%), Calcium: 15.98mg (1.6%), Vitamin E: 0.16mg (1.05%)