



 **70%**
HEALTH SCORE

Grilled Asian Salmon

 **Gluten Free**  **Dairy Free**  **Very Healthy**  **Low Fod Map**

READY IN



75 min.

SERVINGS



4

CALORIES



265 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon sesame oil dark
- 1 teaspoon ginger fresh grated peeled
- 1 tablespoon brown sugar light
- 2 teaspoons juice of lime fresh
- 3 tablespoons soy sauce
- 1.5 pound salmon fillet
- 0.5 teaspoon sriracha hot (chile sauce)

Equipment

- bowl
- grill
- ziploc bags
- microwave

Directions

- Combine first 6 ingredients in a large heavy-duty zip-top plastic bag. Seal bag; shake to dissolve sugar.
- Add salmon to bag. Seal bag, turning to coat salmon. Marinate in refrigerator 1 hour.
- Preheat grill to high heat.
- Remove salmon from bag; reserve marinade.
- Place salmon on grill rack coated with cooking spray. Grill 4 to 5 minutes on each side or until desired degree of doneness.
- Place marinade in a microwave-safe bowl. Microwave at HIGH 1 minute and 30 seconds or until boiling.
- Serve salmon with sauce.
- Tip: Buying good fish is really important to the final taste of the recipe. Fish should never smell "fishy." It should smell like the sea or the stream. Also, the flesh should be brightly colored. Don't be afraid to smell it or ask the fishmonger when it arrived. If he can't tell you, then it's time to find a different place to buy it!

Nutrition Facts



Properties

Glycemic Index:3.75, Glycemic Load:0.01, Inflammation Score:-4, Nutrition Score:23.853043345006%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 265.28kcal (13.26%), Fat: 11.33g (17.43%), Saturated Fat: 1.75g (10.91%), Carbohydrates: 3.92g (1.31%), Net Carbohydrates: 3.82g (1.39%), Sugar: 3.03g (3.36%), Cholesterol: 93.55mg (31.18%), Sodium: 521.01mg (22.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.86g (69.72%), Vitamin B12: 5.41µg (90.15%), Selenium: 62.19µg (88.84%), Vitamin B6: 1.41mg (70.72%), Vitamin B3: 13.52mg (67.59%), Vitamin B2: 0.68mg (39.77%), Phosphorus: 360.81mg (36.08%), Vitamin B5: 2.88mg (28.77%), Vitamin B1: 0.39mg (26.01%), Potassium: 885.43mg (25.3%), Copper: 0.43mg (21.72%), Magnesium: 58.32mg (14.58%), Folate: 48.17µg (12.04%), Iron: 1.55mg (8.62%), Zinc: 1.19mg (7.92%), Manganese: 0.08mg (4.09%), Calcium: 26.97mg (2.7%), Vitamin A: 70.1IU (1.4%), Vitamin C: 1.15mg (1.39%)