



HEALTH SCORE

86%

Grilled Salmon Pepper Steaks



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



280 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon cornstarch
- ☐ 1 tablespoon sesame oil dark
- ☐ 2 tablespoons dijon mustard
- ☐ 4 garlic cloves minced
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.1 teaspoon pepper
- ☐ 2 tablespoons cracked pepper
- ☐ 0.7 cup rice vinegar

- ☐ 36 ounce salmon steaks
- ☐ 0.3 teaspoon salt

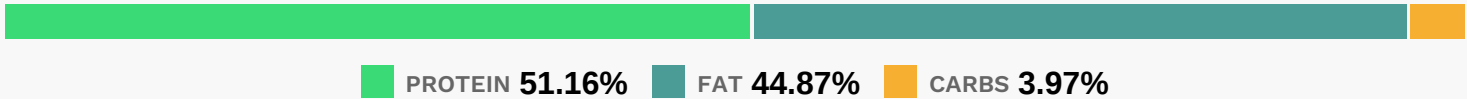
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ baking pan
- ☐ grill

Directions

- ☐ Sprinkle cracked pepper evenly over both sides of each salmon steak, and place steaks in a 13 x 9-inch baking dish.
- ☐ Combine vinegar and next 6 ingredients (vinegar through garlic) in a small bowl; stir well.
- ☐ Pour vinegar mixture over steaks; cover and marinate in refrigerator 1 hour, turning steaks occasionally.
- ☐ Prepare grill.
- ☐ Remove steaks from dish, reserving marinade.
- ☐ Place steaks on grill rack coated with cooking spray, and grill 5 minutes on each side, basting frequently with half of reserved marinade.
- ☐ Combine remaining half of marinade and cornstarch in a small saucepan; bring to a boil, and cook 1 minute or until thickened, stirring constantly with a wire whisk. Spoon about 1 tablespoon sauce over each steak.

Nutrition Facts



Properties

Glycemic Index:29.33, Glycemic Load:0.46, Inflammation Score:-4, Nutrition Score:24.993478077909%

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 Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 279.84kcal (13.99%), Fat: 13.38g (20.58%), Saturated Fat: 2.04g (12.78%), Carbohydrates: 2.66g (0.89%), Net Carbohydrates: 1.88g (0.68%), Sugar: 0.24g (0.27%), Cholesterol: 93.55mg (31.18%), Sodium: 228.11mg (9.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.32g (68.63%), Selenium: 64.32µg (91.88%), Vitamin B12: 5.41µg (90.15%), Vitamin B6: 1.43mg (71.39%), Vitamin B3: 13.44mg (67.2%), Vitamin B2: 0.66mg (38.61%), Phosphorus: 353.42mg (35.34%), Vitamin B5: 2.89mg (28.92%), Vitamin B1: 0.4mg (26.75%), Potassium: 881.87mg (25.2%), Copper: 0.46mg (23.23%), Manganese: 0.36mg (17.92%), Magnesium: 56.31mg (14.08%), Folate: 44.28µg (11.07%), Iron: 1.69mg (9.37%), Zinc: 1.17mg (7.83%), Calcium: 38.29mg (3.83%), Vitamin K: 3.77µg (3.59%), Fiber: 0.79g (3.16%), Vitamin C: 2.58mg (3.13%), Vitamin A: 83.24IU (1.66%)