



Grilled Salmon Steak with Hoisin BBQ Sauce

 Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



505 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons canola oil plus more for brushing on salmon
- 4 servings cilantro leaves for garnish
- 1 teaspoon fish sauce
- 2 cloves garlic chopped
- 0.3 cup hoisin sauce
- 2 tablespoons honey
- 0.3 cup catsup
- 1 tablespoon rice vinegar

- 32 ounce salmon steaks
- 4 servings salt and pepper black freshly ground
- 2 tablespoons sesame seed toasted
- 2 shallots sliced
- 1 teaspoon soya sauce
- 1 tablespoon sambal oelek
- 1 tablespoon sambal oelek

Equipment

- sauce pan
- grill

Directions

- Watch how to make this recipe.
- Heat the oil in a small saucepan over medium heat.
- Add the shallots and garlic and cook until soft. Stir in the hoisin, ketchup, honey, sambal oelek, sesame seeds, soy sauce and fish sauce and cook for 5 minutes.
- Remove from the heat, stir in the vinegar and season with salt and pepper, to taste.
- Heat the grill to high.
- Brush the salmon on both sides with oil and season with salt and pepper, to taste. Grill until golden brown and slightly charred on both sides. Cook to medium-well doneness, brushing with the sauce every minute or so.
- Remove the salmon from grill to a plate and brush with more sauce.
- Transfer the fish to a serving platter and let rest for 5 minutes.
- Garnish with cilantro and serve.

Nutrition Facts

 PROTEIN 37.64%  FAT 43.12%  CARBS 19.24%

Properties

Glycemic Index:69.07, Glycemic Load:5.35, Inflammation Score:-6, Nutrition Score:33.500869460728%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 505.39kcal (25.27%), Fat: 23.99g (36.91%), Saturated Fat: 3.12g (19.52%), Carbohydrates: 24.08g (8.03%), Net Carbohydrates: 22.59g (8.22%), Sugar: 17.6g (19.56%), Cholesterol: 125.25mg (41.75%), Sodium: 718.58mg (31.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 47.12g (94.23%), Selenium: 85.19µg (121.7%), Vitamin B12: 7.22µg (120.32%), Vitamin B6: 1.99mg (99.74%), Vitamin B3: 18.57mg (92.83%), Vitamin B2: 0.95mg (55.62%), Phosphorus: 501.82mg (50.18%), Copper: 0.79mg (39.44%), Vitamin B5: 3.86mg (38.56%), Vitamin B1: 0.56mg (37.22%), Potassium: 1255.28mg (35.87%), Magnesium: 92.56mg (23.14%), Folate: 71.5µg (17.88%), Iron: 2.9mg (16.12%), Manganese: 0.29mg (14.48%), Zinc: 1.94mg (12.96%), Vitamin E: 1.51mg (10.08%), Calcium: 83.63mg (8.36%), Fiber: 1.49g (5.96%), Vitamin K: 6.13µg (5.83%), Vitamin A: 177.17IU (3.54%), Vitamin C: 2.24mg (2.71%)