



Grilled salmon teriyaki with cucumber salad



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



339 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tbsp unrefined sunflower oil
- ☐ 5 tbsp soya sauce
- ☐ 5 tbsp sherry dry
- ☐ 1 tbsp brown sugar
- ☐ 1 piece ginger fresh finely grated peeled
- ☐ 2 garlic clove crushed
- ☐ 4 fillet salmon boneless skinless frozen
- ☐ 1 small cucumber

- ☐ 1 tbsp rice vinegar
- ☐ 1 tbsp soya sauce
- ☐ 0.5 tsp brown sugar
- ☐ 1 tbsp sesame seed toasted

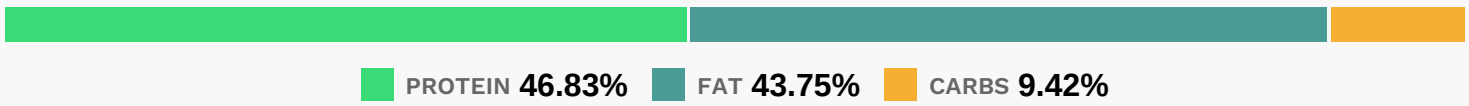
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ baking pan
- ☐ grill
- ☐ peeler

Directions

- ☐ Heat the grill to high and brush a sturdy baking tray with oil. In a large bowl, mix the soy, mirin, sugar, ginger and garlic together until the sugar has dissolved, then toss the frozen salmon in the soy mix until coated. Tip the remaining marinade into a small saucepan and bring to a simmer.
- ☐ Place the tray about 4in away from the heat, then grill for 20 mins.
- ☐ Brush the fish every few mins with the simmering marinade until cooked through and glazed. If the fillets are thick, you may need to turn them on their sides so they cook evenly.
- ☐ Remove from the grill. Simmer the marinade until sticky, then pour it over the cooked salmon.
- ☐ For the cucumber salad, use a swivel blade peeler to peel the cucumber into slices. Make the dressing by mixing the vinegar with the soy sauce, sugar and sesame seeds. Toss the cucumber with the dressing and serve with the salmon and boiled rice.

Nutrition Facts



Properties

Glycemic Index:47.5, Glycemic Load:0.63, Inflammation Score:-5, Nutrition Score:27.256087095841%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg 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: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 338.77kcal (16.94%), Fat: 15.51g (23.86%), Saturated Fat: 2.18g (13.64%), Carbohydrates: 7.52g (2.51%), Net Carbohydrates: 6.69g (2.43%), Sugar: 4.54g (5.04%), Cholesterol: 93.5mg (31.17%), Sodium: 1586.5mg (68.98%), Alcohol: 1.93g (100%), Alcohol %: 0.9% (100%), Protein: 37.34g (74.68%), Selenium: 63.38µg (90.55%), Vitamin B12: 5.41µg (90.1%), Vitamin B6: 1.51mg (75.73%), Vitamin B3: 14.59mg (72.96%), Vitamin B2: 0.71mg (41.62%), Phosphorus: 404.1mg (40.41%), Vitamin B5: 3.05mg (30.52%), Copper: 0.59mg (29.62%), Vitamin B1: 0.43mg (28.97%), Potassium: 985.68mg (28.16%), Magnesium: 76.08mg (19.02%), Manganese: 0.3mg (15.07%), Iron: 2.53mg (14.05%), Folate: 55.53µg (13.88%), Zinc: 1.49mg (9.95%), Vitamin E: 1.46mg (9.74%), Calcium: 61mg (6.1%), Fiber: 0.82g (3.3%), Vitamin K: 3.14µg (2.99%), Vitamin C: 1.82mg (2.21%), Vitamin A: 96.78IU (1.94%)