



## Grilled Salmon with Chinese Barbeque Sauce

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

READY IN



**35 min.**

SERVINGS



**4**

CALORIES



**670 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 3 cups baby spinach
- 1 tablespoon canola oil
- 1 tablespoon garlic minced
- 1 tablespoon ginger minced
- 1 tablespoon green onion minced
- 0.5 cup hoisin sauce
- 3 tablespoons honey
- 0.5 cup orange juice

- 1 teaspoon pepper flakes red
- 32 ounce salmon steaks
- 4 servings salt and pepper black freshly ground
- 2 teaspoon sesame oil
- 0.8 cup soya sauce
- 4 servings vegetable oil for brushing

## Equipment

- bowl
- sauce pan
- grill

## Directions

- Watch how to make this recipe.
- Heat a medium size saucepan, over medium heat.
- Add canola oil and saute garlic, ginger, and green onion until fragrant and tender.
- Add the red pepper flakes.
- Mix the remaining ingredients in a separate bowl and add to the saucepan. Bring to a low simmer and cook for 10 minutes.
- Preheat grill to medium-high heat.
- Lightly season the salmon steaks with salt and pepper. Oil the grill with vegetable oil.
- Place the fish down for 4 to 5 minutes. Flip the fish over and brush with the barbecue sauce, continue cooking for another 4 to 5 minutes, until opaque throughout. Divide the baby spinach among 4 plates.
- Place the salmon steaks on top of the beds of spinach while still very hot. This will make the spinach wilt.

## Nutrition Facts



## Properties

Glycemic Index:65.07, Glycemic Load:9.09, Inflammation Score:-9, Nutrition Score:44.107826067054%

## Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 1.46mg, Kaempferol: 1.46mg, Kaempferol: 1.46mg, Kaempferol: 1.46mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 1.17mg, Quercetin: 1.17mg, Quercetin: 1.17mg, Quercetin: 1.17mg

## Nutrients (% of daily need)

Calories: 669.68kcal (33.48%), Fat: 35.34g (54.37%), Saturated Fat: 5.14g (32.14%), Carbohydrates: 36g (12%), Net Carbohydrates: 33.78g (12.28%), Sugar: 25.87g (28.75%), Cholesterol: 125.77mg (41.92%), Sodium: 3114.32mg (135.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 51.88g (103.76%), Vitamin K: 141.22µg (134.5%), Selenium: 84.54µg (120.77%), Vitamin B12: 7.21µg (120.2%), Vitamin B6: 2.06mg (103.14%), Vitamin B3: 20.35mg (101.74%), Vitamin B2: 1.07mg (62.9%), Phosphorus: 546mg (54.6%), Vitamin A: 2428.54IU (48.57%), Potassium: 1470.67mg (42.02%), Vitamin B5: 4.07mg (40.67%), Vitamin B1: 0.59mg (39.44%), Copper: 0.74mg (36.79%), Folate: 127.07µg (31.77%), Manganese: 0.62mg (31.03%), Magnesium: 115.39mg (28.85%), Vitamin C: 23.04mg (27.92%), Iron: 4.1mg (22.78%), Vitamin E: 2.56mg (17.05%), Zinc: 1.98mg (13.17%), Fiber: 2.21g (8.86%), Calcium: 80.62mg (8.06%)