



WHATSheATE



Grilled Salmon with East-West Spice Rub and Orange-Soy Glaze



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



118 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 teaspoons five-spice powder
- ☐ 1.5 teaspoons pepper black
- ☐ 1 stick cinnamon (3-inch)
- ☐ 1.5 teaspoons sesame oil dark
- ☐ 1 tablespoon ginger fresh minced peeled
- ☐ 4 garlic cloves minced
- ☐ 0.3 cup green onions thinly sliced

- ☐ 2 tablespoons green onions minced
- ☐ 1.5 teaspoons ground coriander
- ☐ 0.3 cup honey
- ☐ 0.5 cup soya sauce low-sodium
- ☐ 0.5 cup orange juice fresh (1 orange)
- ☐ 3 strips orange rind (1/2-inch)
- ☐ 6 ounce salmon fillet thick (2 inches)
- ☐ 0.5 teaspoon salt
- ☐ 1 tablespoon sesame seed toasted
- ☐ 1 tablespoon sugar

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ sieve
- ☐ grill

Directions

- ☐ To prepare spice mixture, combine first 5 ingredients in a small bowl.
- ☐ To prepare glaze, combine rind and next 8 ingredients (rind through cinnamon) in a saucepan. Bring to a boil. Reduce heat, and simmer 10 minutes. Strain through a sieve; discard solids.
- ☐ Prepare grill.
- ☐ Rub the fillets with spice mixture. Cover; refrigerate 10 minutes.
- ☐ Place, skin sides down, on a grill rack coated with cooking spray. Grill 16 minutes, covered, or until fish flakes easily when tested with a fork, basting occasionally with glaze.
- ☐ Remove skin; discard. Arrange fillets on a platter; sprinkle with sliced onions and sesame seeds.

Nutrition Facts



 PROTEIN **20.67%**  FAT **21.03%**  CARBS **58.3%**

Properties

Glycemic Index:45.05, Glycemic Load:8.28, Inflammation Score:-3, Nutrition Score:6.8700000825136%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg

Nutrients (% of daily need)

Calories: 117.77kcal (5.89%), Fat: 2.91g (4.47%), Saturated Fat: 0.41g (2.58%), Carbohydrates: 18.13g (6.04%), Net Carbohydrates: 17.04g (6.2%), Sugar: 14.63g (16.25%), Cholesterol: 11.69mg (3.9%), Sodium: 730.78mg (31.77%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 6.43g (12.85%), Manganese: 0.29mg (14.63%), Selenium: 8.74µg (12.49%), Vitamin B6: 0.25mg (12.35%), Vitamin C: 9.96mg (12.08%), Vitamin B12: 0.68µg (11.27%), Vitamin B3: 2.06mg (10.31%), Vitamin K: 10.47µg (9.97%), Phosphorus: 88.56mg (8.86%), Vitamin B2: 0.14mg (8.35%), Potassium: 249mg (7.11%), Copper: 0.14mg (7.08%), Magnesium: 27.84mg (6.96%), Iron: 1.14mg (6.31%), Vitamin B1: 0.09mg (5.76%), Folate: 21.61µg (5.4%), Vitamin B5: 0.47mg (4.73%), Fiber: 1.09g (4.37%), Calcium: 40.08mg (4.01%), Zinc: 0.49mg (3.25%), Vitamin A: 93.09IU (1.86%)