



Grilled Salmon with Hoisin Glaze and Plum-Ginger Relish



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



488 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons ginger fresh minced peeled
- ☐ 2 tablespoons pepper black
- ☐ 0.5 cup hoisin sauce
- ☐ 1 tablespoon kosher salt
- ☐ 3 tablespoons olive oil
- ☐ 4 plums diced pitted ripe unpeeled finely
- ☐ 48 ounce salmon fillet with skin

- ☐ 0.3 cup spring onion white green thinly sliced
- ☐ 3 tablespoons sesame seed toasted
- ☐ 0.3 cup rice vinegar

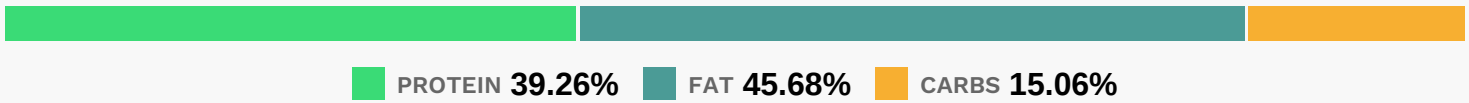
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ In medium bowl, stir together plums, ginger, and vinegar. Refrigerate until ready to serve.
- ☐ Prepare grill for cooking: If using charcoal grill, open vents on bottom, then light charcoal. Charcoal fire is medium-hot when you can hold your hand 5 inches above rack for 4 to 5 seconds. If using gas grill, preheat burners on high with hood closed 10 minutes, then turn down to moderately high.
- ☐ Rub salmon fillets on both sides with oil and sprinkle with salt and pepper. Arrange fillets on grill, skin sides down. Grill, turning once, until just cooked through, about 6 to 8 minutes per side, brushing with hoisin sauce during last 30 seconds of cooking on each side.
- ☐ Transfer fillets to platter and sprinkle with scallions and sesame seeds.
- ☐ Serve, passing plum relish on side.

Nutrition Facts



Properties

Glycemic Index:33.78, Glycemic Load:2.23, Inflammation Score:-6, Nutrition Score:34.819565233977%

Flavonoids

Cyanidin: 2.48mg, Cyanidin: 2.48mg, Cyanidin: 2.48mg, Cyanidin: 2.48mg Peonidin: 0.14mg, Peonidin: 0.14mg, Peonidin: 0.14mg, Peonidin: 0.14mg Catechin: 1.27mg, Catechin: 1.27mg, Catechin: 1.27mg, Catechin: 1.27mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 1.41mg, Epicatechin: 1.41mg, Epicatechin: 1.41mg, Epicatechin: 1.41mg Epicatechin 3-gallate: 0.33mg, Epicatechin 3-gallate: 0.33mg, Epicatechin 3-gallate: 0.33mg, Epicatechin 3-gallate: 0.33mg Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 487.64kcal (24.38%), Fat: 24.36g (37.47%), Saturated Fat: 3.64g (22.75%), Carbohydrates: 18.06g (6.02%), Net Carbohydrates: 15.67g (5.7%), Sugar: 10.79g (11.99%), Cholesterol: 125.43mg (41.81%), Sodium: 1635.94mg (71.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 47.1g (94.2%), Selenium: 84.76µg (121.09%), Vitamin B12: 7.21µg (120.2%), Vitamin B6: 1.93mg (96.29%), Vitamin B3: 18.52mg (92.6%), Vitamin B2: 0.94mg (55.33%), Phosphorus: 500.42mg (50.04%), Copper: 0.82mg (41.08%), Vitamin B5: 3.89mg (38.87%), Vitamin B1: 0.56mg (37.5%), Potassium: 1274.66mg (36.42%), Manganese: 0.49mg (24.58%), Magnesium: 93.78mg (23.45%), Vitamin K: 19.05µg (18.14%), Folate: 71.31µg (17.83%), Iron: 3.02mg (16.8%), Zinc: 1.93mg (12.87%), Fiber: 2.39g (9.56%), Calcium: 89.85mg (8.98%), Vitamin E: 1.25mg (8.31%), Vitamin C: 5.17mg (6.27%), Vitamin A: 296.74IU (5.93%)