



 **70%**  
HEALTH SCORE

## Grilled Salmon with Peanut Hoisin Sauce

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



45 min.

SERVINGS



4

CALORIES



527 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 cup jif® creamy peanut butter
- 2 cloves garlic minced
- 0.5 cup hoisin sauce
- 0.5 cup onions finely chopped
- 0.3 cup rice wine vinegar
- 24 ounce salmon fillet
- 4 servings salt and pepper
- 0.5 cup scallions chopped

0.5 cup water

## Equipment

sauce pan

grill

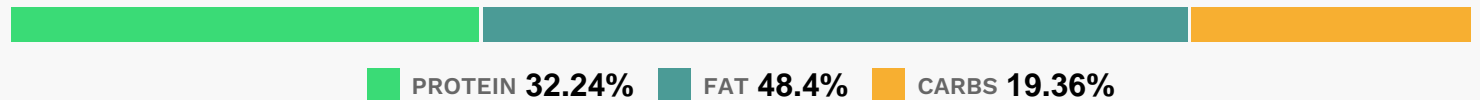
## Directions

Combine all ingredients in a saucepan. Stirring constantly, bring to a boil. Reduce the heat and simmer for about 5 minutes, stirring often. Sauce can be made several days ahead of time and refrigerated. If it is too thick, just add a little water when heating it before serving.

Spray the salmon filets with CRISCO® Cooking Spray on both sides, and season with salt and pepper.

Grill until done to your liking. Top each grilled salmon filet with warm Peanut Hoisin Sauce and sprinkle with chopped scallions, just before serving. Enjoy!

## Nutrition Facts



## Properties

Glycemic Index:38.25, Glycemic Load:1.53, Inflammation Score:-7, Nutrition Score:33.130869544071%

## Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.42mg, Quercetin: 5.42mg, Quercetin: 5.42mg, Quercetin: 5.42mg

## Nutrients (% of daily need)

Calories: 526.8kcal (26.34%), Fat: 28.48g (43.82%), Saturated Fat: 5.13g (32.09%), Carbohydrates: 25.64g (8.55%), Net Carbohydrates: 22.43g (8.16%), Sugar: 13.93g (15.48%), Cholesterol: 94.58mg (31.53%), Sodium: 968.71mg (42.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.69g (85.37%), Selenium: 64.49µg (92.14%), Vitamin B3: 18.16mg (90.8%), Vitamin B12: 5.41µg (90.15%), Vitamin B6: 1.61mg (80.31%), Phosphorus: 475.94mg (47.59%), Vitamin B2: 0.8mg (47.04%), Manganese: 0.67mg (33.37%), Vitamin B5: 3.24mg (32.39%), Potassium: 1126.35mg (32.18%), Copper: 0.63mg (31.66%), Vitamin B1: 0.45mg (29.96%), Magnesium: 117.42mg (29.35%), Vitamin K: 26.25µg (25%), Folate: 90.01µg (22.5%), Vitamin E: 3.11mg (20.72%), Zinc: 2.12mg (14.15%), Iron: 2.52mg (14.03%), Fiber: 3.21g (12.83%), Calcium: 65.49mg (6.55%), Vitamin C: 4.44mg (5.38%), Vitamin A: 195.26IU (3.91%)