



Grilled Salmon With Sweet Soy Slaw and Dipping Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



680 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 24 ounce broccoli slaw
- ☐ 2 tablespoons canola oil
- ☐ 8 pieces crystallized ginger
- ☐ 2 garlic cloves minced
- ☐ 0.3 cup green onions chopped
- ☐ 24 ounce salmon fillet
- ☐ 6 servings salt and pepper to taste

- ☐ 1 tablespoon sesame seed toasted
- ☐ 2 cups soya sauce
- ☐ 3 cups sugar

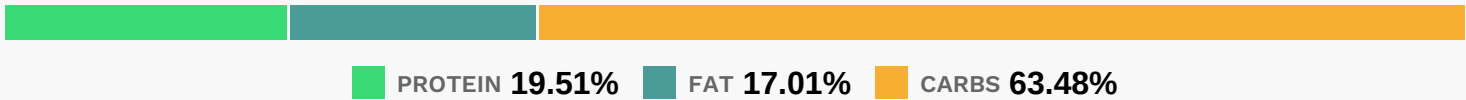
Equipment

- ☐ sauce pan
- ☐ grill

Directions

- ☐ Combine first 4 ingredients in a small saucepan over medium heat. Stir in sugar. Cook for 10 minutes or until sugar dissolves, stirring occasionally.
- ☐ Remove from heat. (
- ☐ Mixture will thicken.) Reserve 1 1/2 cups soy mixture, and set aside.
- ☐ Brush both sides of salmon evenly with remaining soy mixture; cover and let stand 10 minutes.
- ☐ Grill, covered with grill lid, over medium-high heat (350 to 40
- ☐ to 6 minutes on each side or until fish flakes with a fork.
- ☐ Toss together broccoli slaw, green onions, sesame seeds, and 1/2 cup reserved soy mixture; top with grilled salmon. Season with salt and pepper to taste.
- ☐ Serve with remaining reserved 1 cup soy mixture for dipping.

Nutrition Facts



Properties

Glycemic Index:30.35, Glycemic Load:70.57, Inflammation Score:-8, Nutrition Score:31.172174246415%

Flavonoids

Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg

Nutrients (% of daily need)

Calories: 680.18kcal (34.01%), Fat: 13.33g (20.5%), Saturated Fat: 1.62g (10.13%), Carbohydrates: 111.85g (37.28%), Net Carbohydrates: 110.94g (40.34%), Sugar: 102.24g (113.6%), Cholesterol: 62.37mg (20.79%), Sodium: 4596.33mg (199.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.38g (68.76%), Vitamin C: 106.78mg (129.43%), Selenium: 46.64µg (66.62%), Vitamin B6: 1.29mg (64.4%), Vitamin B3: 12.78mg (63.91%), Vitamin B12: 3.61µg (60.1%), Vitamin B2: 0.71mg (41.77%), Phosphorus: 413.63mg (41.36%), Manganese: 0.72mg (36.22%), Potassium: 1111.93mg (31.77%), Folate: 126.77µg (31.69%), Vitamin B5: 2.79mg (27.94%), Vitamin B1: 0.39mg (26.03%), Copper: 0.51mg (25.35%), Magnesium: 97.94mg (24.48%), Iron: 4.07mg (22.61%), Vitamin K: 11.97µg (11.4%), Zinc: 1.65mg (11.02%), Vitamin A: 540.7IU (10.81%), Calcium: 102.44mg (10.24%), Vitamin E: 0.84mg (5.62%), Fiber: 0.91g (3.62%)