



Grilled Salmon with Wasabi Mayonnaise

 Dairy Free

READY IN



40 min.

SERVINGS



16

CALORIES



43 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons soya sauce
- ☐ 2 teaspoons citrus champagne vinegar
- ☐ 1 teaspoon vegetable oil
- ☐ 0.5 teaspoon ginger grated
- ☐ 0.5 pound salmon fillet
- ☐ 0.5 cup wasabi (from 11-ounce bottle)
- ☐ 16 round buttery crackers
- ☐ 1 tablespoon spring onion thinly sliced

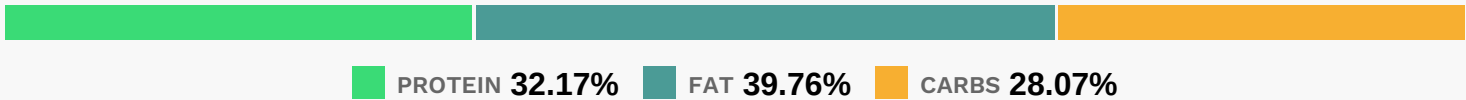
Equipment

☐ grill

Directions

- ☐ Heat coals or gas grill for direct heat.
- ☐ Mix soy sauce, vinegar, oil and gingerroot in small shallow container.
- ☐ Place salmon in mixture, skin side up.
- ☐ Let stand 10 minutes.
- ☐ Cover and grill salmon, skin side down, 4 to 6 inches from medium heat 10 to 12 minutes, brushing once with marinade, until salmon flakes easily with fork.
- ☐ To serve, spread mayonnaise on crackers; top each with about 1 tablespoon flaked salmon, additional mayonnaise and green onion.

Nutrition Facts



Properties

Glycemic Index:3.88, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:2.9073913291745%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 43.44kcal (2.17%), Fat: 1.91g (2.93%), Saturated Fat: 0.35g (2.16%), Carbohydrates: 3.03g (1.01%), Net Carbohydrates: 2.61g (0.95%), Sugar: 0.29g (0.32%), Cholesterol: 7.8mg (2.6%), Sodium: 159.19mg (6.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.47g (6.94%), Selenium: 5.33µg (7.62%), Vitamin B12: 0.45µg (7.51%), Vitamin B3: 1.38mg (6.91%), Vitamin B6: 0.13mg (6.69%), Phosphorus: 42.92mg (4.29%), Vitamin B2: 0.07mg (4.13%), Vitamin B1: 0.05mg (3.48%), Potassium: 102.41mg (2.93%), Vitamin K: 2.79µg (2.66%), Vitamin B5: 0.26mg (2.64%), Copper: 0.05mg (2.45%), Manganese: 0.05mg (2.33%), Vitamin C: 1.78mg (2.16%), Magnesium: 8.51mg (2.13%), Iron: 0.35mg (1.95%), Folate: 7.09µg (1.77%), Fiber: 0.41g (1.66%), Zinc: 0.19mg (1.24%), Calcium: 12.29mg (1.23%)