



Hoisin Glazed Baked Salmon



Gluten Free



Dairy Free



Popular

READY IN



45 min.

SERVINGS



4

CALORIES



390 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 Tbsp hoisin sauce
- ☐ 2 teaspoons soya sauce
- ☐ 1 Tbsp juice of lime (can sub rice vinegar)
- ☐ 1 teaspoons sugar
- ☐ 1 large garlic clove minced smashed
- ☐ 24 ounce salmon fillet
- ☐ 4 servings vegetable oil for greasing the broiler pan

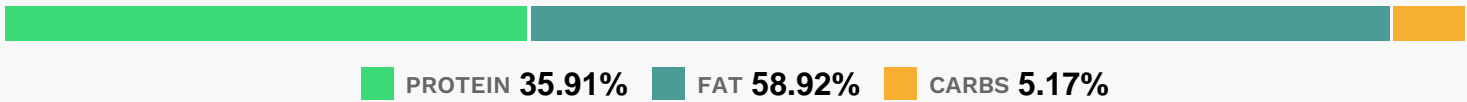
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ aluminum foil
- ☐ broiler

Directions

- ☐ Mix the hoisin sauce, soy sauce, lime juice, sugar, and garlic together in a bowl. Taste and adjust to your taste (more lime juice if too sweet, more sugar if too acidic).
- ☐ Marinate the salmon: Coat the salmon pieces in the marinade and chill for 30 minutes to 1 hour.
- ☐ Broil the salmon: Set the rack in your broiler to about 6 inches underneath the heating element. Turn on the broiler. Lightly grease a foil-lined broiling pan with vegetable oil.
- ☐ Arrange the salmon pieces skin side down (if your fillets still have skin on one side) on the pan and paint with a little more of the marinade.
- ☐ Broil until done, about 5–10 minutes, depending on the thickness of the salmon fillets and the heat of your broiler.
- ☐ Serve with steamed rice. Asparagus or Asian Coleslaw would work well as side dishes for this salmon.

Nutrition Facts



Properties

Glycemic Index:41.27, Glycemic Load:0.79, Inflammation Score:-4, Nutrition Score:24.992174301458%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 390.34kcal (19.52%), Fat: 25.07g (38.56%), Saturated Fat: 3.85g (24.06%), Carbohydrates: 4.94g (1.65%), Net Carbohydrates: 4.68g (1.7%), Sugar: 3.24g (3.6%), Cholesterol: 93.79mg (31.26%), Sodium: 372.23mg (16.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.38g (68.75%), Vitamin B12: 5.41µg (90.15%), Selenium: 62.38µg (89.12%), Vitamin B6: 1.41mg (70.58%), Vitamin B3: 13.59mg (67.94%), Vitamin B2: 0.67mg (39.37%),

Phosphorus: 348.43mg (34.84%), Vitamin B5: 2.85mg (28.52%), Vitamin B1: 0.39mg (25.87%), Vitamin K: 25.8µg (24.57%), Potassium: 852.46mg (24.36%), Copper: 0.44mg (22.1%), Magnesium: 52.67mg (13.17%), Folate: 44.93µg (11.23%), Iron: 1.53mg (8.5%), Vitamin E: 1.17mg (7.79%), Zinc: 1.14mg (7.58%), Manganese: 0.08mg (3.86%), Calcium: 25.16mg (2.52%), Vitamin A: 68.59IU (1.37%), Fiber: 0.26g (1.06%)