



Honey Soy Grilled Salmon with Edamame

 Gluten Free  Dairy Free

READY IN



28 min.

SERVINGS



4

CALORIES



338 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon sesame seed black
- 0.3 cup cilantro leaves packed
- 1.3 cups edamame cooked
- 1 teaspoon ginger grated
- 2 teaspoons honey
- 4 servings kosher salt and pepper freshly ground
- 2 teaspoons juice of lime fresh
- 4 servings lime wedges

- 2 teaspoons soya sauce low-sodium
- 4 fillet center cut skin-on salmon wild
- 2 scallions
- 2 teaspoons vegetable oil

Equipment

- baking sheet
- oven
- grill
- aluminum foil
- broiler

Directions

- Preheat the grill over medium-high direct heat. Oil the grill grates. Finely chop the cilantro and scallion and mix in the oil and ginger. Season with salt and pepper.
- Cut two 3-inch long slits through the skin lengthwise on the bottom of the salmon fillets, going about halfway into the salmon. Evenly stuff the slits with the herb mixture. Season the fish with salt and pepper.
- Stir together the lime juice, soy and honey until smooth.
- Place the salmon, skin side up, on the grill and cook until well marked, 3 to 4 minutes. Turn the salmon and continue to cook, brushing the tops with the sauce, until the fish is cooked through, about another 3 to 4 minutes.
- Transfer to a serving plate and sprinkle the tops with the sesame seeds.
- Serve with edamame and lime wedges.
- Broiler directions: Position an oven rack so that a baking sheet set on the rack is about 4-inches below the heat source. Preheat the broiler. Prepare the salmon as above and place the fillets, skin down, on a foil lined baking sheet coated with cooking spray. Broil, basting 3 to 4 times with the sauce, until just cooked through, about 6 to 7 minutes.

Nutrition Facts



■ PROTEIN **46.96%** ■ FAT **40.21%** ■ CARBS **12.83%**

Properties

Glycemic Index:49.57, Glycemic Load:1.64, Inflammation Score:-5, Nutrition Score:25.81782594971%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.65mg, Hesperetin: 0.65mg, Hesperetin: 0.65mg, Hesperetin: 0.65mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg

Nutrients (% of daily need)

Calories: 337.55kcal (16.88%), Fat: 14.77g (22.72%), Saturated Fat: 2.02g (12.65%), Carbohydrates: 10.6g (3.53%), Net Carbohydrates: 8.33g (3.03%), Sugar: 4.43g (4.93%), Cholesterol: 93.5mg (31.17%), Sodium: 360.3mg (15.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.81g (77.62%), Vitamin B12: 5.41µg (90.1%), Selenium: 62.19µg (88.84%), Vitamin B6: 1.4mg (70.19%), Vitamin B3: 13.45mg (67.26%), Vitamin B2: 0.66mg (38.87%), Phosphorus: 348.48mg (34.85%), Potassium: 1094.7mg (31.28%), Vitamin B5: 2.86mg (28.56%), Vitamin B1: 0.39mg (26.08%), Copper: 0.44mg (22.12%), Vitamin K: 19.68µg (18.74%), Iron: 2.88mg (15.99%), Magnesium: 53.47mg (13.37%), Folate: 48.64µg (12.16%), Fiber: 2.27g (9.08%), Zinc: 1.16mg (7.73%), Calcium: 69.11mg (6.91%), Vitamin A: 197.06IU (3.94%), Vitamin C: 2.48mg (3.01%), Manganese: 0.06mg (2.99%), Vitamin E: 0.26mg (1.74%)