



Hot-Mustard Salmon with Miso-Glazed Asparagus

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

READY IN



45 min.

SERVINGS



4

CALORIES



390 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 pounds asparagus trimmed thin
- 2 tablespoons dijon mustard
- 2 teaspoons honey
- 1 tablespoon juice of lime fresh
- 1 tablespoon miso paste light
- 1 teaspoon olive oil pure
- 2 pounds salmon steaks divided

- 4 servings salt and pepper freshly ground
- 1 teaspoon sriracha hot sauce red

Equipment

- bowl
- baking sheet
- oven
- broiler
- spatula

Directions

- In a small bowl, combine the mustard with the honey and hot sauce.
- Spread the mixture on both sides of the salmon chops, arrange them in a single layer on a large dish and refrigerate for at least 10 minutes and up to 30 minutes.
- Preheat the oven to 50
- On a large rimmed baking sheet, drizzle the asparagus with the olive oil, rolling the spears to coat. Season with salt and pepper and roast for 4 minutes, or until crisp-tender.
- Meanwhile, in a small bowl, combine the miso paste with the lime juice.
- Remove the baking sheet from the oven and brush the asparagus generously with the paste. Return to the oven and roast for 3 minutes, or until tender and glazed. Keep warm.
- Preheat the broiler. Using a spatula, scrape most of the marinade off the salmon and arrange the chops in a layer on a rimmed baking sheet. Broil the salmon on 1 side only for 3 minutes, or until well browned; rotate the baking sheet for even cooking.
- Transfer the salmon and asparagus to plates and serve at once.
- Wine Recommendation: To stand up to the fish's richness, try a full-flavored California Chardonnay, such as the 1997 Iron Horse Cuve Joy.
- Notes: One Serving: Calories 380 kcal, Total Fat 20 gm, Saturated Fat 4 gm

Nutrition Facts



Properties

Glycemic Index:44.32, Glycemic Load:3.02, Inflammation Score:-9, Nutrition Score:42.586956708328%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 9.7mg, Isorhamnetin: 9.7mg, Isorhamnetin: 9.7mg, Isorhamnetin: 9.7mg Kaempferol: 2.36mg, Kaempferol: 2.36mg, Kaempferol: 2.36mg, Kaempferol: 2.36mg Quercetin: 23.8mg, Quercetin: 23.8mg, Quercetin: 23.8mg, Quercetin: 23.8mg

Nutrients (% of daily need)

Calories: 389.59kcal (19.48%), Fat: 16.1g (24.77%), Saturated Fat: 2.49g (15.59%), Carbohydrates: 11.29g (3.76%), Net Carbohydrates: 7.14g (2.6%), Sugar: 6.52g (7.24%), Cholesterol: 124.74mg (41.58%), Sodium: 564.67mg (24.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 49.63g (99.27%), Selenium: 89.57µg (127.96%), Vitamin B12: 7.22µg (120.26%), Vitamin B6: 2.03mg (101.37%), Vitamin B3: 19.58mg (97.91%), Vitamin K: 72.77µg (69.3%), Vitamin B2: 1.12mg (65.84%), Phosphorus: 557.68mg (55.77%), Vitamin B1: 0.78mg (51.7%), Copper: 0.91mg (45.73%), Vitamin B5: 4.28mg (42.85%), Potassium: 1482.77mg (42.36%), Folate: 146.99µg (36.75%), Iron: 5.71mg (31.72%), Vitamin A: 1389.17IU (27.78%), Magnesium: 95.65mg (23.91%), Manganese: 0.38mg (18.86%), Zinc: 2.54mg (16.93%), Fiber: 4.15g (16.6%), Vitamin E: 2.1mg (14.01%), Vitamin C: 11.45mg (13.87%), Calcium: 76.13mg (7.61%)