



Kevin's Asian Baked Salmon

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

READY IN



52 min.

SERVINGS



6

CALORIES



264 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups mushroom caps dried
- 1 cup oyster sauce
- 2 pounds salmon fillet
- 1 tablespoon cooking sherry

Equipment

- bowl
- oven
- baking pan

aluminum foil

Directions

- Soak mushrooms in boiling water 20 minutes; remove stems. Put softened mushrooms, oyster sauce, and sherry into a bowl; stir.
- Let mixture sit for 10 to 20 minutes.
- Preheat oven to 400 degrees F (200 degrees C). Line a large baking dish with foil, then lightly grease it with olive oil or nonstick cooking spray.
- Place salmon fillets in prepared baking dish and pour mushroom mixture over the salmon.
- Bake in the preheated oven until fish flakes easily, about 10 to 12 minutes. If desired, at the end of the cooking time, broil the salmon to sear the coating, about 1 to 2 minutes.

Nutrition Facts



Properties

Glycemic Index:2.5, Glycemic Load:0.01, Inflammation Score:-4, Nutrition Score:25.834347753826%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 264.1kcal (13.2%), Fat: 9.77g (15.04%), Saturated Fat: 1.52g (9.51%), Carbohydrates: 11.31g (3.77%), Net Carbohydrates: 10.12g (3.68%), Sugar: 0.23g (0.26%), Cholesterol: 83.16mg (27.72%), Sodium: 1123.47mg (48.85%), Alcohol: 0.26g (100%), Alcohol %: 0.16% (100%), Protein: 31.42g (62.83%), Selenium: 61.19µg (87.42%), Vitamin B12: 4.97µg (82.78%), Vitamin B3: 13.77mg (68.86%), Vitamin B6: 1.33mg (66.71%), Copper: 0.92mg (45.85%), Vitamin B5: 4.57mg (45.65%), Vitamin B2: 0.74mg (43.61%), Phosphorus: 338.79mg (33.88%), Potassium: 906.7mg (25.91%), Vitamin B1: 0.37mg (24.91%), Folate: 58.84µg (14.71%), Magnesium: 57.96mg (14.49%), Zinc: 1.72mg (11.47%), Iron: 1.45mg (8.04%), Manganese: 0.16mg (7.87%), Fiber: 1.19g (4.76%), Calcium: 31.77mg (3.18%), Vitamin D: 0.36µg (2.43%), Vitamin A: 60.48IU (1.21%)