



Kid-Friendly Salmon

 Dairy Free

READY IN



202 min.

SERVINGS



4

CALORIES



315 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cloves garlic minced
- ☐ 2 juice of lemon
- ☐ 2 tablespoons brown sugar light packed
- ☐ 0.5 onion finely chopped
- ☐ 4 servings pepper freshly ground
- ☐ 20 ounce salmon fillet wild skinless
- ☐ 1 teaspoon sesame oil toasted
- ☐ 4 tablespoons soya sauce

☐ 2 tablespoons vegetable oil plus more for brushing

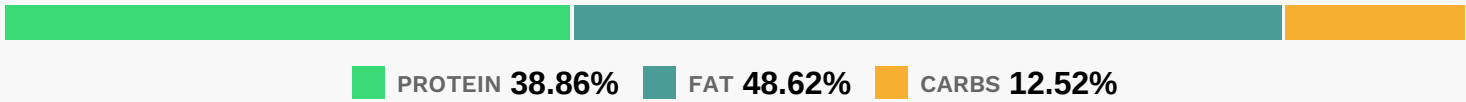
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ aluminum foil
- ☐ broiler
- ☐ ziploc bags
- ☐ broiler pan

Directions

- ☐ Combine 2 tablespoons vegetable oil, the soy sauce, lemon juice, onion, brown sugar, garlic, sesame oil, and pepper to taste in a bowl or large resealable plastic bag.
- ☐ Add the salmon and turn to coat; refrigerate for at least 3 hours, preferably most of the day.
- ☐ Preheat the broiler and line a broiler pan with foil.
- ☐ Place the salmon on the foil (reserve the marinade) and brush with vegetable oil. Broil for 5 to 7 minutes, or until the salmon is opaque. Meanwhile, strain the marinade and simmer in a saucepan over medium-low heat until slightly reduced.
- ☐ Serve the salmon with the sauce on the side.
- ☐ Photograph by Ngoc Minh Ngo

Nutrition Facts



Properties

Glycemic Index:26, Glycemic Load:0.56, Inflammation Score:-4, Nutrition Score:22.03608680808%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.03mg,

Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg

Nutrients (% of daily need)

Calories: 315.12kcal (15.76%), Fat: 16.87g (25.95%), Saturated Fat: 2.59g (16.16%), Carbohydrates: 9.77g (3.26%), Net Carbohydrates: 9.29g (3.38%), Sugar: 7.1g (7.89%), Cholesterol: 77.96mg (25.99%), Sodium: 1070.5mg (46.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.33g (60.66%), Vitamin B12: 4.51µg (75.13%), Selenium: 52.26µg (74.65%), Vitamin B6: 1.24mg (62.01%), Vitamin B3: 11.9mg (59.5%), Vitamin B2: 0.57mg (33.75%), Phosphorus: 314.78mg (31.48%), Vitamin B5: 2.48mg (24.81%), Vitamin B1: 0.34mg (22.93%), Potassium: 783.57mg (22.39%), Copper: 0.4mg (19.75%), Magnesium: 51.67mg (12.92%), Vitamin K: 12.89µg (12.27%), Folate: 44.41µg (11.1%), Iron: 1.68mg (9.35%), Vitamin C: 7.29mg (8.84%), Manganese: 0.17mg (8.69%), Zinc: 1.04mg (6.91%), Vitamin E: 0.6mg (3.98%), Calcium: 32.81mg (3.28%), Fiber: 0.48g (1.92%), Vitamin A: 58.56IU (1.17%)