



Mahogany Glazed Salmon



Gluten Free



Very Healthy

READY IN



15 min.

SERVINGS



4

CALORIES



299 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 0.5 tablespoon chives fresh
- ☐ 1 tablespoon ginger fresh minced
- ☐ 1 tablespoon juice of lemon
- ☐ 1 tablespoon olive oil
- ☐ 0.5 cup yogurt plain dannon®
- ☐ 24 ounce salmon fillet
- ☐ 2 tablespoons soya sauce

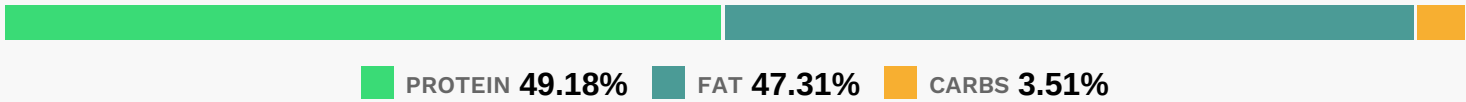
Equipment

☐ bowl

Directions

- ☐ In a shallow plate or glass bowl mix together the yogurt, soy sauce, olive oil, lemon juice and ginger.
- ☐ Lay the salmon on top and turn over to coat with the marinade.
- ☐ Cover and set aside for 20 to 30 minutes.
- ☐ Remove from the marinade and broil the salmon about 3 inches from the heat until browned on top and cook until just done (4 to 5 minutes).
- ☐ Remove and place on warm plates.
- ☐ Serve immediately sprinkled with chives if desired.

Nutrition Facts



Properties

Glycemic Index:31.5, Glycemic Load:0.39, Inflammation Score:-4, Nutrition Score:24.918695688896%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 299.05kcal (14.95%), Fat: 15.32g (23.56%), Saturated Fat: 2.8g (17.51%), Carbohydrates: 2.55g (0.85%), Net Carbohydrates: 2.41g (0.88%), Sugar: 1.71g (1.9%), Cholesterol: 97.53mg (32.51%), Sodium: 592.03mg (25.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.82g (71.64%), Vitamin B12: 5.52µg (92.04%), Selenium: 62.85µg (89.79%), Vitamin B6: 1.42mg (71.22%), Vitamin B3: 13.77mg (68.84%), Vitamin B2: 0.71mg (41.48%), Phosphorus: 382.2mg (38.22%), Vitamin B5: 2.99mg (29.94%), Vitamin B1: 0.4mg (26.69%), Potassium: 913.13mg (26.09%), Copper: 0.45mg (22.31%), Magnesium: 57.85mg (14.46%), Folate: 47.63µg (11.91%), Iron: 1.64mg (9.09%), Zinc: 1.32mg (8.79%), Calcium: 60.43mg (6.04%), Manganese: 0.09mg (4.36%), Vitamin E: 0.53mg (3.56%), Vitamin

K: 3.07μg (2.92%), Vitamin C: 1.91mg (2.31%), Vitamin A: 115.25IU (2.3%)