



Miso-Ginger Marinated Grilled Salmon



Gluten Free



Dairy Free

READY IN



55 min.

SERVINGS



4

CALORIES



325 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 tablespoons ginger fresh minced
- ☐ 2 tablespoons green onions minced
- ☐ 0.3 cup mirin
- ☐ 4 fillet salmon
- ☐ 4 servings salt and pepper freshly ground
- ☐ 2 teaspoons sesame oil toasted
- ☐ 2 tablespoons soya sauce
- ☐ 2 tablespoons unseasoned rice vinegar

- ☐ 0.3 cup miso white (fermented soybean paste)
- ☐ 4 servings yuzu juice drink for drizzling, optional

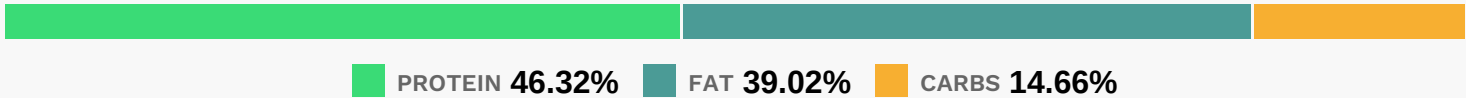
Equipment

- ☐ bowl
- ☐ whisk
- ☐ baking pan
- ☐ grill

Directions

- ☐ Watch how to make this recipe.
- ☐ Whisk together the miso, mirin, vinegar, soy sauce, green onions, ginger, and sesame oil in a small bowl.
- ☐ Place the salmon in a baking dish, pour the marinade over, and turn to coat. Cover and marinate for 30 minutes in the refrigerator.
- ☐ Heat grill to high.
- ☐ Remove the fish from the marinade and season with salt and pepper. Grill the salmon, skin side down, with the cover closed, until golden brown and a crust has formed, about 3 to 4 minutes. Turn the salmon over and continue grilling for 3 to 4 minutes for medium doneness.
- ☐ Drizzle with a little yuzu juice, if desired, and serve.

Nutrition Facts



Properties

Glycemic Index:43.25, Glycemic Load:2.27, Inflammation Score:-5, Nutrition Score:25.905217646257%

Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 324.9kcal (16.25%), Fat: 13.85g (21.3%), Saturated Fat: 2.13g (13.34%), Carbohydrates: 11.7g (3.9%), Net Carbohydrates: 10.57g (3.84%), Sugar: 4.81g (5.34%), Cholesterol: 93.5mg (31.17%), Sodium: 1526.25mg (66.36%), Alcohol: 1.48g (100%), Alcohol %: 0.82% (100%), Protein: 36.98g (73.96%), Selenium: 63.4µg (90.57%), Vitamin B12: 5.42µg (90.33%), Vitamin B6: 1.45mg (72.44%), Vitamin B3: 13.91mg (69.54%), Vitamin B2: 0.7mg (41.35%), Phosphorus: 381.46mg (38.15%), Vitamin B5: 2.93mg (29.28%), Vitamin B1: 0.41mg (27.24%), Potassium: 909.65mg (25.99%), Copper: 0.52mg (25.92%), Magnesium: 63.07mg (15.77%), Folate: 49.59µg (12.4%), Manganese: 0.24mg (11.77%), Iron: 2.07mg (11.49%), Vitamin K: 11.52µg (10.97%), Zinc: 1.59mg (10.59%), Fiber: 1.13g (4.54%), Calcium: 35.38mg (3.54%), Vitamin A: 112.87IU (2.26%), Vitamin C: 1.1mg (1.33%)