



# Miso Glazed Salmon

 Dairy Free or type unknown

READY IN

ready

17 min.

SERVINGS

servings

6

CALORIES

calories

439 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 0.5 cup brown sugar
- ☐ 2 teaspoons garlic chopped
- ☐ 1 cup soya sauce low sodium
- ☐ 1 cup miso paste soy bean paste
- ☐ 6 fillet salmon
- ☐ 2 teaspoons sesame oil

## Equipment

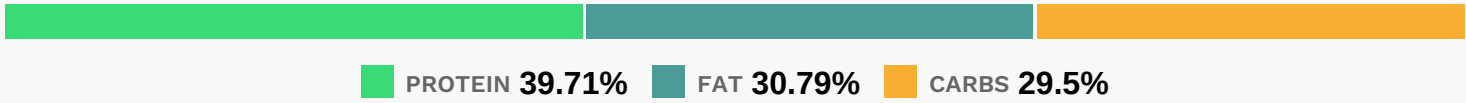
- ☐ bowl

grill

## Directions

- To make the glaze: In a large bowl combine the miso paste, soy sauce, sugar, sesame oil, and garlic.
- Preheat grill to medium.
- Brush salmon fillets with the glaze. Grill over medium direct heat and continue brushing with glaze throughout cooking process.

## Nutrition Facts



## Properties

Glycemic Index:15.17, Glycemic Load:5.68, Inflammation Score:-6, Nutrition Score:30.6399999990878%

## Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 439.32kcal (21.97%), Fat: 15g (23.07%), Saturated Fat: 2.34g (14.63%), Carbohydrates: 32.33g (10.78%), Net Carbohydrates: 29.54g (10.74%), Sugar: 20.85g (23.16%), Cholesterol: 93.5mg (31.17%), Sodium: 3319.69mg (144.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.53g (87.05%), Selenium: 65.83µg (94.05%), Vitamin B12: 5.44µg (90.71%), Vitamin B6: 1.57mg (78.49%), Vitamin B3: 14.29mg (71.44%), Vitamin B2: 0.86mg (50.35%), Phosphorus: 485.69mg (48.57%), Copper: 0.65mg (32.5%), Potassium: 1107.24mg (31.64%), Vitamin B5: 3.15mg (31.49%), Manganese: 0.63mg (31.48%), Vitamin B1: 0.45mg (29.87%), Magnesium: 102.53mg (25.63%), Iron: 3.22mg (17.9%), Folate: 70.12µg (17.53%), Zinc: 2.61mg (17.43%), Vitamin K: 13.63µg (12.98%), Fiber: 2.79g (11.17%), Calcium: 76.3mg (7.63%), Vitamin A: 107.96IU (2.16%), Vitamin E: 0.2mg (1.32%)