



WHATSheATE



HEALTH SCORE

56%

Miso-Glazed Salmon



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



315 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup brown sugar packed
- ☐ 1 tablespoon chives fresh chopped
- ☐ 2 tablespoons soy sauce low-sodium
- ☐ 2 tablespoons miso (soybean paste)
- ☐ 24 ounce salmon fillet ()
- ☐ 2 tablespoons water hot

Equipment

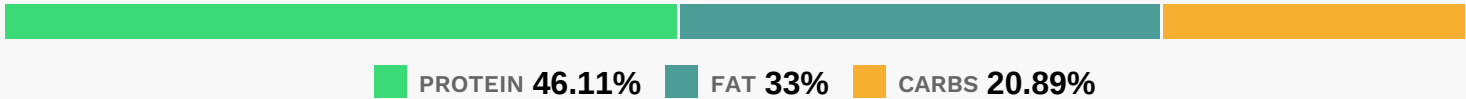
- ☐ whisk

- ☐ baking pan
- ☐ broiler

Directions

- ☐ Preheat broiler.
- ☐ Combine first 4 ingredients, stirring with a whisk. Arrange fish in a shallow baking dish coated with cooking spray. Spoon miso mixture evenly over fish.
- ☐ Broil 10 minutes or until fish flakes easily when tested with a fork, basting twice with miso mixture.
- ☐ Sprinkle with chives.

Nutrition Facts



Properties

Glycemic Index:26.5, Glycemic Load:1.04, Inflammation Score:-4, Nutrition Score:24.695652079971%

Flavonoids

Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 315.4kcal (15.77%), Fat: 11.32g (17.42%), Saturated Fat: 1.76g (11%), Carbohydrates: 16.13g (5.38%), Net Carbohydrates: 15.59g (5.67%), Sugar: 13.92g (15.46%), Cholesterol: 93.55mg (31.18%), Sodium: 684.14mg (29.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.6g (71.2%), Vitamin B12: 5.42µg (90.26%), Selenium: 62.89µg (89.85%), Vitamin B6: 1.43mg (71.39%), Vitamin B3: 13.56mg (67.79%), Vitamin B2: 0.69mg (40.37%), Phosphorus: 367.97mg (36.8%), Vitamin B5: 2.91mg (29.05%), Vitamin B1: 0.4mg (26.44%), Potassium: 899.99mg (25.71%), Copper: 0.47mg (23.69%), Magnesium: 60.56mg (15.14%), Folate: 48.58µg (12.15%), Iron: 1.79mg (9.94%), Zinc: 1.38mg (9.19%), Manganese: 0.15mg (7.29%), Calcium: 39.98mg (4%), Vitamin K: 4.09µg (3.89%), Vitamin A: 108.08IU (2.16%), Fiber: 0.53g (2.13%)