



HEALTH SCORE

59%

Miso Glazed Salmon



Gluten Free



Dairy Free



Very Healthy



Popular

READY IN



45 min.

SERVINGS



4

CALORIES



293 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 Tbsp miso white red
- ☐ 2 Tbsp sake
- ☐ 2 Tbsp sugar to taste (less)
- ☐ 2 teaspoons soya sauce
- ☐ 24 ounce salmon fillet skinless

Equipment

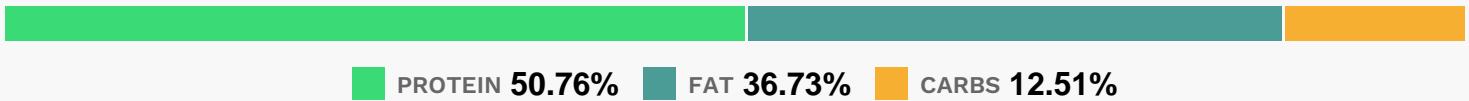
- ☐ bowl
- ☐ frying pan

- ☐ oven
- ☐ aluminum foil
- ☐ broiler

Directions

- ☐ Mix the miso, sake, soy sauce, and sugar in a small bowl. Adjust proportions to taste.
- ☐ Marinate the salmon:
- ☐ Pour half of the mixture into a container large enough to fit the salmon fillets, then pour the rest over the top of the fish. Make sure the fish is coated with the miso sauce.
- ☐ Cover the container and marinate for at least 30 minutes, and up to overnight.
- ☐ Broil the salmon: Line a broiling pan with aluminum foil.
- ☐ Brush a little vegetable oil over the foil and lay the salmon fillets on top. Make sure there is an even, thin coating of marinade on top of the fish.
- ☐ Place the fillets no closer than about 6 inches from the broiler element in your oven. Broil for 6–10 minutes, depending on how thick the fillets are and how hot your broiler is.
- ☐ Keep an eye on the salmon. The marinade has sugar in it that can easily cause the glaze to burn. If it starts charring and the cooking isn't yet finished, place the fish on a lower rack in the oven.
- ☐ Serve with rice and stir-fried vegetables.

Nutrition Facts



Properties

Glycemic Index:36.52, Glycemic Load:5.25, Inflammation Score:-4, Nutrition Score:24.083913248923%

Nutrients (% of daily need)

Calories: 293.32kcal (14.67%), Fat: 11.32g (17.41%), Saturated Fat: 1.76g (10.97%), Carbohydrates: 8.68g (2.89%), Net Carbohydrates: 8.19g (2.98%), Sugar: 6.57g (7.3%), Cholesterol: 93.55mg (31.18%), Sodium: 559.68mg (24.33%), Alcohol: 1.21g (100%), Alcohol %: 0.78% (100%), Protein: 35.19g (70.38%), Vitamin B12: 5.42µg (90.26%), Selenium: 62.85µg (89.78%), Vitamin B6: 1.41mg (70.72%), Vitamin B3: 13.57mg (67.83%), Vitamin B2: 0.67mg (39.52%), Phosphorus: 358.06mg (35.81%), Vitamin B5: 2.87mg (28.7%), Vitamin B1: 0.39mg (26.3%), Potassium: 859.68mg

(24.56%), Copper: 0.47mg (23.3%), Magnesium: 55.06mg (13.76%), Folate: 44.68µg (11.17%), Iron: 1.65mg (9.19%), Zinc: 1.32mg (8.81%), Manganese: 0.12mg (5.77%), Calcium: 26.29mg (2.63%), Vitamin K: 2.49µg (2.37%), Fiber: 0.48g (1.93%), Vitamin A: 75.43IU (1.51%)