



## Miso-Glazed Salmon Steaks

 Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



598 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 teaspoons ginger fresh minced peeled
- 4 servings kosher salt
- 4 lime wedges (for serving)
- 2 tablespoons rice wine sweet ( Japanese rice wine)
- 40 ounces salmon steaks bone in
- 1 teaspoon sesame oil
- 2 tablespoons rice vinegar
- 4 servings vegetable oil

0.3 cup miso white

## Equipment

bowl

baking sheet

oven

whisk

aluminum foil

broiler

## Directions

Line a rimmed baking sheet with foil; brush lightly with vegetable oil.

Place salmon steaks on prepared baking sheet.

Whisk miso, mirin, vinegar, ginger, and sesame oil in a small bowl to blend.

Spread half the miso mixture over salmon steaks; season lightly with salt. Turn salmon steaks over and spread with remaining miso mixture; season lightly with salt. Cover with plasticwrap and let marinate at room temperature for at least 15 minutes, or refrigerate for up to 1 hour.

Position an oven rack 6"–8" from broiler and preheat. Broil salmon, turning once, until golden brown and just opaque in center, 10–12 minutes total.

Transfer salmon steaks to plates and serve with lime wedges.

Per serving: 405 calories, 20 g fat, .3 g fiber

Bon Appétit

## Nutrition Facts



**PROTEIN 40.93%** **FAT 53.37%** **CARBS 5.7%**

## Properties

Glycemic Index:39.5, Glycemic Load:3.26, Inflammation Score:-6, Nutrition Score:37.058695482171%

## Flavonoids

Hesperetin: 7.74mg, Hesperetin: 7.74mg, Hesperetin: 7.74mg, Hesperetin: 7.74mg Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

## **Nutrients (% of daily need)**

Calories: 598.23kcal (29.91%), Fat: 34.39g (52.91%), Saturated Fat: 5.3g (33.11%), Carbohydrates: 8.27g (2.76%), Net Carbohydrates: 6.51g (2.37%), Sugar: 1.75g (1.94%), Cholesterol: 155.92mg (51.97%), Sodium: 1174.12mg (51.05%), Alcohol: 1.21g (100%), Alcohol %: 0.43% (100%), Protein: 59.36g (118.72%), Vitamin B12: 9.03µg (150.56%), Selenium: 105.3µg (150.43%), Vitamin B6: 2.37mg (118.7%), Vitamin B3: 22.53mg (112.67%), Vitamin B2: 1.13mg (66.74%), Phosphorus: 607.78mg (60.78%), Vitamin B5: 4.84mg (48.36%), Vitamin B1: 0.67mg (44.59%), Potassium: 1461.84mg (41.77%), Copper: 0.82mg (41.01%), Vitamin K: 32.71µg (31.15%), Magnesium: 95.26mg (23.81%), Folate: 76.78µg (19.19%), Iron: 2.97mg (16.48%), Zinc: 2.43mg (16.18%), Manganese: 0.25mg (12.54%), Vitamin E: 1.2mg (8.02%), Fiber: 1.76g (7.05%), Vitamin C: 5.29mg (6.41%), Calcium: 54.16mg (5.42%), Vitamin A: 142.34IU (2.85%)