



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

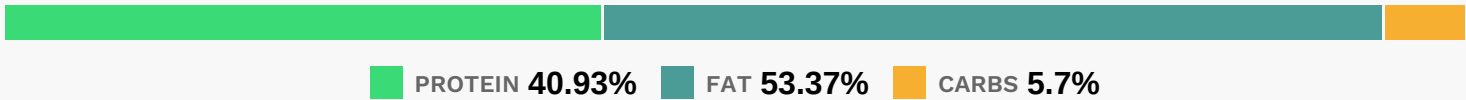
Equipment

- ☐ 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



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%)