



HEALTH SCORE

100%

Miso-Glazed Salmon with Wilted Spinach



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



2

CALORIES



350 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon bottled garlic minced
- ☐ 2 teaspoons sesame oil dark
- ☐ 0.5 teaspoon ginger fresh grated peeled
- ☐ 2 teaspoons soya sauce low-sodium
- ☐ 2 teaspoons mirin sweet (rice wine)
- ☐ 1 tablespoon miso paste white
- ☐ 2 teaspoons rice vinegar
- ☐ 12 ounce salmon fillet skinless

- ☐ 1 teaspoon sesame seed toasted
- ☐ 10 ounce pkt spinach fresh
- ☐ 0.5 teaspoon sugar

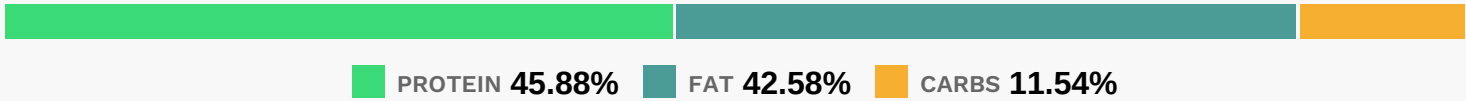
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ aluminum foil
- ☐ broiler

Directions

- ☐ Preheat broiler.
- ☐ To prepare fish, combine the first 6 ingredients in a small bowl, and brush evenly over fish. Arrange fish on a foil-lined baking sheet; broil for 8 minutes or until desired degree of doneness.
- ☐ Sprinkle with sesame seeds.
- ☐ To prepare spinach, while fish broils, heat sesame oil in a large nonstick skillet over medium-high heat.
- ☐ Add garlic and spinach to skillet; cook 30 seconds or until spinach just begins to wilt, tossing mixture constantly. Stir in 2 teaspoons soy sauce.

Nutrition Facts



Properties

Glycemic Index:146.55, Glycemic Load:2.67, Inflammation Score:-10, Nutrition Score:49.384348371755%

Flavonoids

Luteolin: 1.05mg, Luteolin: 1.05mg, Luteolin: 1.05mg, Luteolin: 1.05mg Kaempferol: 9.05mg, Kaempferol: 9.05mg, Kaempferol: 9.05mg, Kaempferol: 9.05mg Myricetin: 0.54mg, Myricetin: 0.54mg, Myricetin: 0.54mg, Myricetin: 0.54mg Quercetin: 5.67mg, Quercetin: 5.67mg, Quercetin: 5.67mg, Quercetin: 5.67mg

Nutrients (% of daily need)

Calories: 350.48kcal (17.52%), Fat: 16.38g (25.2%), Saturated Fat: 2.49g (15.55%), Carbohydrates: 9.98g (3.33%), Net Carbohydrates: 6.19g (2.25%), Sugar: 2.18g (2.43%), Cholesterol: 93.55mg (31.18%), Sodium: 684.68mg (29.77%), Alcohol: 0.81g (100%), Alcohol %: 0.3% (100%), Protein: 39.71g (79.42%), Vitamin K: 687.72µg (654.97%), Vitamin A: 13367.42IU (267.35%), Selenium: 64.93µg (92.75%), Vitamin B12: 5.42µg (90.26%), Vitamin B6: 1.73mg (86.62%), Folate: 322.43µg (80.61%), Manganese: 1.46mg (73.16%), Vitamin B3: 14.6mg (72.98%), Vitamin B2: 0.95mg (55.98%), Vitamin C: 40.64mg (49.26%), Potassium: 1678.03mg (47.94%), Phosphorus: 442.25mg (44.23%), Magnesium: 173.54mg (43.38%), Copper: 0.7mg (34.9%), Vitamin B1: 0.52mg (34.56%), Iron: 5.68mg (31.55%), Vitamin B5: 2.98mg (29.84%), Vitamin E: 2.96mg (19.74%), Calcium: 182mg (18.2%), Fiber: 3.79g (15.17%), Zinc: 2.21mg (14.71%)