



Miso-Marinated Salmon with Cucumber-Daikon Relish



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



297 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 servings daikon radish
- ☐ 1.5 tablespoons ginger fresh minced
- ☐ 2 tablespoons spring onion minced
- ☐ 0.3 cup rice wine sweet (Japanese rice wine)
- ☐ 2 teaspoons sesame oil
- ☐ 0.5 cup radish sprouts
- ☐ 36 ounce salmon fillet with skin

- ☐ 1.5 teaspoons sesame seed toasted
- ☐ 2 tablespoons rice vinegar
- ☐ 0.3 cup miso white (fermented soybean paste)

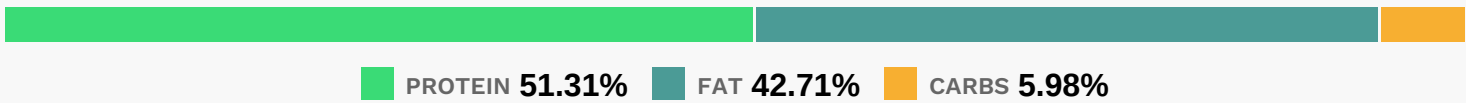
Equipment

- ☐ baking sheet
- ☐ whisk
- ☐ aluminum foil
- ☐ broiler
- ☐ spatula
- ☐ glass baking pan

Directions

- ☐ Whisk first 6 ingredients in 13x9x2-inch glass baking dish to blend for marinade.
- ☐ Add salmon; turn to coat. Cover and chill at least 30 minutes and up to 2 hours.
- ☐ Preheat broiler. Line heavy large baking sheet with foil; spray with nonstick spray.
- ☐ Remove salmon fillets from miso marinade; using rubber spatula, scrape off excess marinade. Arrange salmon, skin side up, on prepared baking sheet. Broil 5 to 6 inches from heat source until skin is crisp, about 2 minutes. Using metal spatula, turn salmon over. Broil until salmon is just cooked through and golden brown on top, about 4 minutes.
- ☐ Transfer salmon to plates, skin side down. Spoon Cucumber Relish over.
- ☐ Sprinkle with sesame seeds, then sprouts and nori.
- ☐ Serve immediately.
- ☐ *White miso, mirin, and nori (thin sheets of dried seaweed) are available at Japanese markets and in the Asian foods section or refrigerated section of supermarkets.

Nutrition Facts



Properties

Glycemic Index:37.5, Glycemic Load:1.5, Inflammation Score:-5, Nutrition Score:25.084782651585%

Flavonoids

Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 296.82kcal (14.84%), Fat: 13.15g (20.23%), Saturated Fat: 2.04g (12.74%), Carbohydrates: 4.14g (1.38%), Net Carbohydrates: 3.36g (1.22%), Sugar: 0.82g (0.91%), Cholesterol: 93.55mg (31.18%), Sodium: 503.55mg (21.89%), Alcohol: 1.61g (100%), Alcohol %: 0.99% (100%), Protein: 35.55g (71.1%), Selenium: 63.28µg (90.39%), Vitamin B12: 5.42µg (90.3%), Vitamin B6: 1.43mg (71.58%), Vitamin B3: 13.61mg (68.06%), Vitamin B2: 0.68mg (40%), Phosphorus: 367.51mg (36.75%), Vitamin B5: 2.9mg (28.99%), Vitamin B1: 0.4mg (26.97%), Copper: 0.51mg (25.28%), Potassium: 880.26mg (25.15%), Magnesium: 59.94mg (14.99%), Folate: 49.95µg (12.49%), Iron: 1.8mg (10.01%), Zinc: 1.46mg (9.71%), Manganese: 0.16mg (7.83%), Vitamin K: 7.68µg (7.32%), Calcium: 36.24mg (3.62%), Fiber: 0.78g (3.12%), Vitamin A: 110.37IU (2.21%), Vitamin C: 1.6mg (1.94%)