



 **69%**
HEALTH SCORE

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 cucumber-daikon relish
- 1.5 tablespoons ginger fresh minced
- 2 tablespoons green onions minced
- 0.3 cup mirin sweet (Japanese rice wine)
- 2 teaspoons oriental sesame oil
- 0.5 cup radish sprouts
- 36 ounce alaskan salmon fillets with skin

- 1.5 teaspoons sesame seed toasted
- 2 tablespoons unseasoned 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

 **PROTEIN 51.31%**  **FAT 42.71%**  **CARBS 5.98%**

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%)