

# Miso Salmon

 **Gluten Free**  **Dairy Free**

READY IN



50 min.

SERVINGS



6

CALORIES



565 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.5 cup brown sugar
- 1 cup miso paste
- 0.3 cup sake
- 0.5 cup soy-ginger salad dressing prepared
- 3 pound salmon fillet skinless
- 3 tablespoons seasoned rice vinegar
- 1 teaspoon sesame oil
- 2 tablespoons sesame seed

0.3 cup water

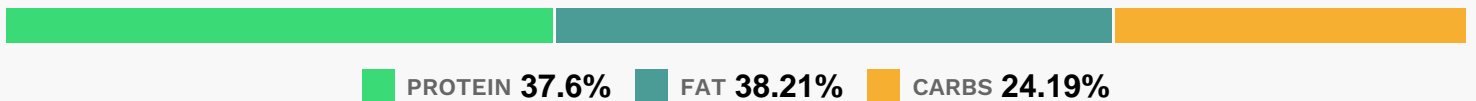
## Equipment

- bowl
- frying pan
- oven
- broiler pan

## Directions

- Preheat the oven to 400 degrees F (200 degrees C). Fill a large skillet with about 1 inch of water and bring to a boil. Poach fish just until cooked on the outside, about 2 minutes per side.
- Transfer fillets to a broiler pan.
- In a small bowl, stir together the miso paste, sake, brown sugar, sesame seeds, sesame oil, water, salad dressing and rice vinegar.
- Spread this over the tops of the salmon fillets.
- Bake for 15 minutes in the preheated oven, or until almost cooked through. Switch the oven to broil, and broil until the top is browned and bubbly, about 5 more minutes.
- Cut fillets into portions to serve.

## Nutrition Facts



## Properties

Glycemic Index:24.33, Glycemic Load:5.7, Inflammation Score:-6, Nutrition Score:35.613912980194%

## Nutrients (% of daily need)

Calories: 565.48kcal (28.27%), Fat: 23.26g (35.78%), Saturated Fat: 3.55g (22.19%), Carbohydrates: 33.12g (11.04%), Net Carbohydrates: 30.34g (11.03%), Sugar: 22.75g (25.28%), Cholesterol: 124.74mg (41.58%), Sodium: 2010.12mg (87.4%), Alcohol: 1.61g (100%), Alcohol %: 0.6% (100%), Protein: 51.49g (102.98%), Selenium: 87.7µg (125.28%), Vitamin B12: 7.25µg (120.81%), Vitamin B6: 1.99mg (99.38%), Vitamin B3: 18.41mg (92.04%), Vitamin B2: 0.98mg (57.36%), Phosphorus: 547.83mg (54.78%), Copper: 0.88mg (44.18%), Vitamin B5: 3.95mg (39.54%), Vitamin B1:

0.58mg (38.83%), Potassium: 1263.52mg (36.1%), Manganese: 0.52mg (25.89%), Magnesium: 100.54mg (25.13%), Vitamin K: 24.49µg (23.32%), Iron: 3.54mg (19.65%), Zinc: 2.85mg (19.03%), Folate: 68.18µg (17.04%), Fiber: 2.79g (11.16%), Calcium: 98.38mg (9.84%), Vitamin E: 0.45mg (3%), Vitamin A: 137.88IU (2.76%)