



Oriental Grilled Salmon

 Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



217 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 tablespoons brown sugar
- 1 tablespoon cilantro leaves finely chopped
- 0.3 teaspoon garlic crushed
- 0.5 teaspoon garlic minced
- 0.5 teaspoon gingerroot grated peeled
- 2 teaspoons gingerroot minced peeled
- 2 teaspoons green onions minced
- 2 teaspoons juice of lemon

- 1 tablespoon soya sauce low-sodium
- 2 tablespoons nonfat mayonnaise
- 1 Dash pepper dried red crushed
- 8 ounce salmon steaks (1/)
- 3 tablespoons water

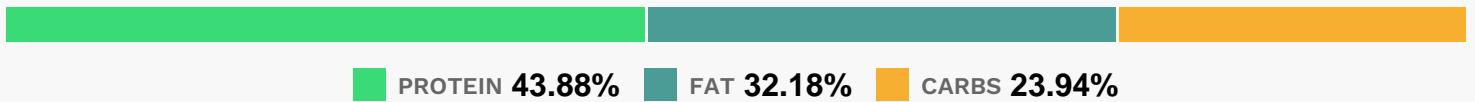
Equipment

- grill
- ziploc bags

Directions

- Combine first 8 ingredients in a large heavy-duty, zip-top plastic bag; add salmon steaks. Seal bag, and marinate steaks in refrigerator 2 hours, turning bag occasionally.
- Remove salmon steaks from marinade, reserving marinade.
- Coat grill rack with cooking spray; place on grill over medium-hot coals (350 to 400).
- Place steaks on rack; grill, uncovered, 5 to 6 minutes on each side or until fish flakes easily when tested with a fork, basting frequently with reserved marinade.
- Combine mayonnaise and next 3 ingredients, stirring well. Top each salmon steak with 1 tablespoon mayonnaise mixture.
- Garnish with fresh cilantro, if desired.

Nutrition Facts



Properties

Glycemic Index:77, Glycemic Load:0.19, Inflammation Score:-3, Nutrition Score:16.957825969095%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.36mg, Quercetin:

0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 217.15kcal (10.86%), Fat: 7.64g (11.75%), Saturated Fat: 1.21g (7.56%), Carbohydrates: 12.79g (4.26%), Net Carbohydrates: 12.3g (4.47%), Sugar: 10.44g (11.6%), Cholesterol: 63.63mg (21.21%), Sodium: 453.66mg (19.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.44g (46.89%), Vitamin B12: 3.61µg (60.1%), Selenium: 41.79µg (59.7%), Vitamin B6: 0.97mg (48.35%), Vitamin B3: 9.06mg (45.32%), Vitamin B2: 0.46mg (26.9%), Phosphorus: 245.09mg (24.51%), Vitamin B5: 1.95mg (19.46%), Potassium: 630.21mg (18.01%), Vitamin B1: 0.26mg (17.66%), Copper: 0.31mg (15.52%), Magnesium: 41.9mg (10.48%), Folate: 34.69µg (8.67%), Vitamin K: 8.29µg (7.9%), Iron: 1.18mg (6.53%), Zinc: 0.84mg (5.57%), Manganese: 0.09mg (4.55%), Vitamin C: 2.84mg (3.44%), Calcium: 29.47mg (2.95%), Fiber: 0.49g (1.94%), Vitamin A: 94.02IU (1.88%)