



Pineapple-Marinated Salmon with Asian Cabbage Salad

 Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



157 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 24 servings sesame-ginger dressing
- ☐ 1 tablespoon sesame seeds black
- ☐ 46 ounce pineapple juice unsweetened canned
- ☐ 4.5 pound salmon fillet skinless
- ☐ 0.3 cup soya sauce

Equipment

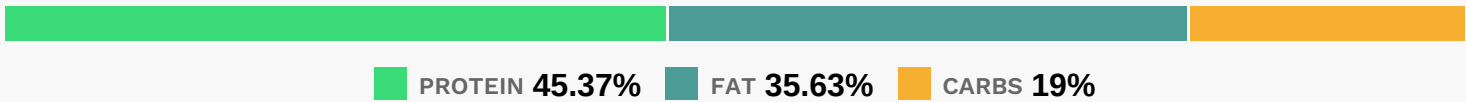
- ☐ bowl

- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ spatula

Directions

- ☐ Bring pineapple juice to boil in large saucepan over high heat. Reduce heat to medium-low and cook until reduced to 3 cups, about 20 minutes.
- ☐ Transfer juice to bowl; cool. Stir soy sauce into marinade.
- ☐ Place fish in single layer in two 15x10x2-inch glass baking dishes.
- ☐ Pour pineapple marinade over fish, dividing equally. Cover and refrigerate 3 hours.
- ☐ Preheat oven to 450°F. Spray 2 large rimmed baking sheets with nonstick spray.
- ☐ Remove fish from marinade; shake off excess. Reserve marinade.
- ☐ Place fish, flat side down, on sheets.
- ☐ Bake until just cooked through, about 4 minutes. Using spatula, carefully transfer to platter.
- ☐ Meanwhile, simmer reserved marinade in medium saucepan over medium heat until reduced to 1 cup, about 15 minutes.
- ☐ Brush fish with marinade. (Can be made 1 day ahead. Cover and refrigerate.
- ☐ Let stand at room temperature 30 minutes before serving.)
- ☐ Sprinkle with sesame seeds; serve with cabbage salad.

Nutrition Facts



Properties

Glycemic Index:4, Glycemic Load:3.2, Inflammation Score:-3, Nutrition Score:13.473043660755%

Nutrients (% of daily need)

Calories: 157.36kcal (7.87%), Fat: 6.08g (9.35%), Saturated Fat: 0.92g (5.78%), Carbohydrates: 7.29g (2.43%), Net Carbohydrates: 7.11g (2.59%), Sugar: 5.55g (6.16%), Cholesterol: 46.78mg (15.59%), Sodium: 183.54mg (7.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.41g (34.83%), Vitamin B12: 2.7µg (45.08%), Selenium: 31.25µg

(44.64%), Vitamin B6: 0.76mg (37.88%), Vitamin B3: 6.9mg (34.52%), Vitamin B2: 0.34mg (19.95%), Phosphorus: 180.05mg (18.01%), Manganese: 0.31mg (15.39%), Vitamin B1: 0.23mg (15.19%), Vitamin B5: 1.45mg (14.55%), Potassium: 495.63mg (14.16%), Copper: 0.27mg (13.35%), Magnesium: 33.32mg (8.33%), Folate: 31.8µg (7.95%), Vitamin C: 5.43mg (6.59%), Iron: 0.96mg (5.34%), Zinc: 0.64mg (4.28%), Calcium: 21.19mg (2.12%)