



Quick Broiled Salmon with Vegetables



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



334 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black divided freshly ground
- ☐ 2 teaspoons canola oil
- ☐ 0.5 teaspoon cornstarch
- ☐ 1 inch ginger fresh
- ☐ 3 garlic clove sliced
- ☐ 1.5 tablespoons honey
- ☐ 0.4 teaspoon kosher salt divided
- ☐ 2 tablespoons soy sauce

- ☐ 1 cup onion vertically sliced
- ☐ 1 cup bell pepper red sliced
- ☐ 2 tablespoons rice vinegar divided
- ☐ 24 ounce salmon fillet ()
- ☐ 1 cup snow peas trimmed
- ☐ 1 tablespoon water
- ☐ 2 teaspoons chili paste depending on your taste pref fresh (ground chile paste)

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ broiler
- ☐ microwave

Directions

- ☐ Preheat broiler to high.
- ☐ Place a jelly-roll pan in oven; preheat pan for 5 minutes.
- ☐ Sprinkle fillets evenly with 1/4 teaspoon salt and 1/4 teaspoon black pepper. Arrange fillets, skin sides down, on pan. Broil fish 5 minutes.
- ☐ Combine remaining 1/8 teaspoon salt, remaining 1/4 teaspoon black pepper, bell pepper, onion, snow peas, and 1 tablespoon vinegar in a medium bowl. Arrange the bell pepper mixture on pan with fish; broil 3 minutes.
- ☐ Combine the remaining 1 tablespoon rice vinegar, soy sauce, and remaining ingredients in a microwave-safe bowl. Microwave at HIGH 2 minutes. Stir; let stand 5 minutes. Discard ginger pieces.
- ☐ Serve sauce with fish and vegetables.

Nutrition Facts



Properties

Glycemic Index:59.57, Glycemic Load:4.96, Inflammation Score:-9, Nutrition Score:32.720000142637%

Flavonoids

Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 8.24mg, Quercetin: 8.24mg, Quercetin: 8.24mg, Quercetin: 8.24mg

Nutrients (% of daily need)

Calories: 334.07kcal (16.7%), Fat: 13.05g (20.08%), Saturated Fat: 1.88g (11.73%), Carbohydrates: 16.93g (5.64%), Net Carbohydrates: 14.6g (5.31%), Sugar: 11.03g (12.25%), Cholesterol: 93.55mg (31.18%), Sodium: 586.77mg (25.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.25g (72.51%), Vitamin B12: 5.41µg (90.15%), Selenium: 63.02µg (90.02%), Vitamin B6: 1.64mg (81.86%), Vitamin C: 66.57mg (80.69%), Vitamin B3: 14.1mg (70.5%), Vitamin B2: 0.74mg (43.29%), Phosphorus: 394.14mg (39.41%), Vitamin B5: 3.23mg (32.33%), Vitamin B1: 0.47mg (31.36%), Potassium: 1080.8mg (30.88%), Vitamin A: 1508IU (30.16%), Copper: 0.49mg (24.6%), Folate: 81.78µg (20.44%), Magnesium: 71.53mg (17.88%), Manganese: 0.3mg (14.96%), Iron: 2.35mg (13.08%), Zinc: 1.44mg (9.58%), Vitamin K: 10.02µg (9.54%), Fiber: 2.33g (9.33%), Vitamin E: 1.09mg (7.27%), Calcium: 52.32mg (5.23%)