



Sake Ginger Glazed Salmon



Gluten Free



Dairy Free



Popular

READY IN



100 min.

SERVINGS



4

CALORIES



516 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup sake
- ☐ 0.5 cup soya sauce gluten-free for version (use soy sauce)
- ☐ 0.5 cup mirin sweet (Japanese rice wine)
- ☐ 2 Tbsp ginger fresh finely grated
- ☐ 2 cloves garlic minced
- ☐ 1 dash chili pepper flakes red
- ☐ 0.3 cup sugar white
- ☐ 1.5 pounds salmon fillet

- ☐ 4 servings olive oil

Equipment

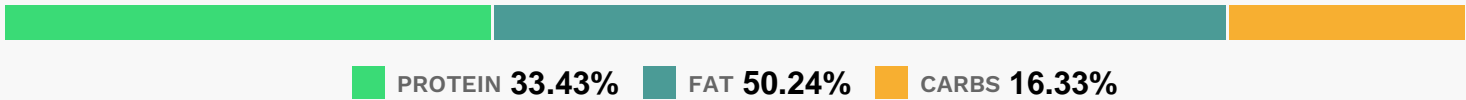
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ baking pan
- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Mix the soy sauce, sake, mirin, ginger, garlic, chile flakes, and sugar in a medium bowl.
- ☐ Place the salmon fillets in a sturdy freezer bag.
- ☐ Pour the marinade into the freezer bag with the fish. Seal the freezer bag and place in a baking dish (so that if the bag leaks it doesn't get all over your fridge).
- ☐ Place in your refrigerator and chill at least an hour, preferably several hours.
- ☐ Remove the salmon fillets from the marinade.
- ☐ Place the marinade in a small saucepan and heat it until it simmers. Simmer it for several minutes or until the sauce has reduced by half.
- ☐ Grilling method
- ☐ Brush the grill grates with olive oil; pre-heat your grill to medium heat.
- ☐ Place salmon fillets on a piece of aluminum foil (brushed with olive oil) over the grill grate, skin side down.
- ☐ Brush the salmon with the marinade glaze. Cover the grill.
- ☐ Cook the salmon 6-10 minutes (depending on thickness of the fillets), brushing again with the marinade halfway through the cooking, until the salmon is just barely cooked, and easily flaked with a fork.
- ☐ Pan frying method

- ☐ Heat a few tablespoons of olive oil in a skillet over medium-high heat. Fry the salmon 3 to 4 minutes per side, basting frequently with the marinade.
- ☐ Serve once the salmon is just barely cooked through and is easily flaked with a fork.
- ☐ Baking method
- ☐ Preheat oven to 350°F. Line a baking dish with aluminum foil.
- ☐ Brush the top of the foil with olive oil.
- ☐ Place salmon on the foil, skin side down.
- ☐ Brush with marinade.
- ☐ Bake for 10–15 minutes depending on how thick the fillets are, basting frequently with the marinade, until the salmon is barely cooked through and is easily flaked with a fork.

Nutrition Facts



Properties

Glycemic Index:43.77, Glycemic Load:9.16, Inflammation Score:-5, Nutrition Score:26.211304291435%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 516.36kcal (25.82%), Fat: 24.89g (38.29%), Saturated Fat: 3.61g (22.58%), Carbohydrates: 18.21g (6.07%), Net Carbohydrates: 17.87g (6.5%), Sugar: 13.06g (14.51%), Cholesterol: 93.55mg (31.18%), Sodium: 1697.12mg (73.79%), Alcohol: 9.66g (100%), Alcohol %: 4.21% (100%), Protein: 37.26g (74.52%), Selenium: 63.47µg (90.67%), Vitamin B12: 5.41µg (90.15%), Vitamin B6: 1.47mg (73.74%), Vitamin B3: 14.56mg (72.78%), Vitamin B2: 0.7mg (40.93%), Phosphorus: 385.09mg (38.51%), Vitamin B5: 2.96mg (29.56%), Vitamin B1: 0.41mg (27.04%), Potassium: 931.69mg (26.62%), Copper: 0.48mg (24.17%), Magnesium: 66.47mg (16.62%), Vitamin E: 2.03mg (13.52%), Iron: 2.24mg (12.47%), Folate: 48.23µg (12.06%), Manganese: 0.21mg (10.3%), Zinc: 1.26mg (8.38%), Vitamin K: 8.49µg (8.09%), Calcium: 32.79mg (3.28%), Vitamin A: 70.55IU (1.41%), Fiber: 0.34g (1.35%), Vitamin C: 1mg (1.21%)