



Salmon Bulgogi



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



361 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5 cloves garlic grated ()
- ☐ 1 inch ginger grated ()
- ☐ 0.3 cup korean honey citron tea paste
- ☐ 2 green onions chopped ()
- ☐ 1 small onion grated ()
- ☐ 1 korean pear grated ()
- ☐ 0.3 teaspoon pepper
- ☐ 24 ounce salmon fillet (deboned)

- ☐ 1 tablespoon sesame oil
- ☐ 0.5 cup soya sauce
- ☐ 1 tablespoon sugar

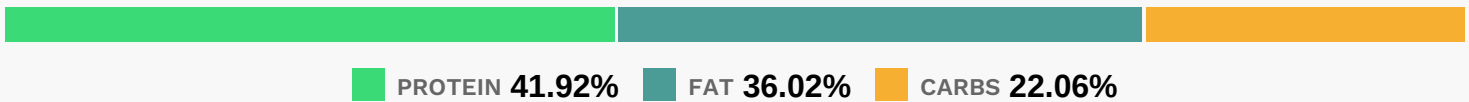
Equipment

- ☐ oven

Directions

- ☐ Mix everything in a freezer bag and marinate for a few hours in the fridge.
- ☐ Bake in a preheated 375F oven until the is cooked and it flakes easily with a fork, about 8–12 minutes.

Nutrition Facts



Properties

Glycemic Index:64.46, Glycemic Load:5.14, Inflammation Score:-6, Nutrition Score:28.248695694882%

Flavonoids

Cyanidin: 0.92mg, Cyanidin: 0.92mg, Cyanidin: 0.92mg, Cyanidin: 0.92mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 1.67mg, Epicatechin: 1.67mg, Epicatechin: 1.67mg, Epicatechin: 1.67mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg Isorhamnetin: 1.01mg, Isorhamnetin: 1.01mg, Isorhamnetin: 1.01mg, Isorhamnetin: 1.01mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 4.63mg, Quercetin: 4.63mg, Quercetin: 4.63mg, Quercetin: 4.63mg

Nutrients (% of daily need)

Calories: 360.76kcal (18.04%), Fat: 14.5g (22.31%), Saturated Fat: 2.2g (13.78%), Carbohydrates: 19.98g (6.66%), Net Carbohydrates: 17.68g (6.43%), Sugar: 10.3g (11.45%), Cholesterol: 93.55mg (31.18%), Sodium: 1701.22mg (73.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.97g (75.94%), Selenium: 63.24µg (90.35%), Vitamin B12: 5.41µg (90.15%), Vitamin B6: 1.56mg (78.2%), Vitamin B3: 14.95mg (74.76%), Vitamin B2: 0.73mg (42.88%), Phosphorus: 405.93mg (40.59%), Potassium: 1075.84mg (30.74%), Vitamin B5: 3.01mg (30.15%), Vitamin B1: 0.44mg (29.44%), Copper: 0.55mg (27.6%), Magnesium: 70.94mg (17.74%), Manganese: 0.31mg (15.41%), Folate:

60.06µg (15.01%), Vitamin K: 15.4µg (14.67%), Iron: 2.48mg (13.78%), Vitamin C: 8.32mg (10.09%), Zinc: 1.39mg (9.26%), Fiber: 2.3g (9.18%), Calcium: 49.63mg (4.96%), Vitamin A: 174.31IU (3.49%), Vitamin E: 0.19mg (1.27%)