



Salmon in Oyster Sauce

 **Gluten Free**  **Dairy Free**

READY IN



40 min.

SERVINGS



6

CALORIES



304 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup brown sugar
- 1 tablespoon cornstarch
- 2 cloves garlic crushed
- 3 green onions sliced
- 2 tablespoons oil
- 0.3 cup oyster sauce
- 2 pounds salmon fillet
- 1 cup water

2 tablespoons warm water

Equipment

frying pan

Directions

Heat oil in a medium skillet over medium heat. Stir in garlic and brown sugar, and cook until garlic is lightly browned. Stir in green onions, and cook until tender.

Mix in oyster sauce and water.

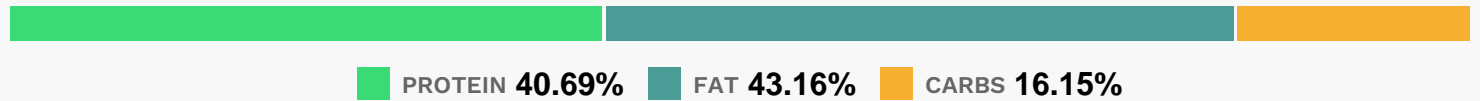
Place salmon fillets into skillet, and reduce heat to medium low. Spoon sauce mixture over fillets. Cook 10 to 15 minutes, until fish is easily flaked with a fork.

Remove fish from skillet, and set aside.

Mix cornstarch and warm water into the remaining sauce mixture. Stir until thickened to desired consistency.

Pour over salmon to serve.

Nutrition Facts



Properties

Glycemic Index:10.33, Glycemic Load:0.18, Inflammation Score:-4, Nutrition Score:22.208261090776%

Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg

Nutrients (% of daily need)

Calories: 304.21kcal (15.21%), Fat: 14.29g (21.99%), Saturated Fat: 1.83g (11.46%), Carbohydrates: 12.03g (4.01%), Net Carbohydrates: 11.82g (4.3%), Sugar: 9.04g (10.05%), Cholesterol: 83.16mg (27.72%), Sodium: 336.47mg (14.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.32g (60.63%), Vitamin B12: 4.85µg (80.8%), Selenium: 55.94µg (79.91%), Vitamin B6: 1.26mg (62.91%), Vitamin B3: 12.07mg (60.37%), Vitamin B2: 0.59mg (34.85%), Phosphorus: 308.81mg (30.88%), Vitamin B5: 2.54mg (25.4%), Vitamin B1: 0.35mg (23.2%), Potassium: 778.89mg (22.25%), Copper: 0.41mg (20.61%), Vitamin K: 15.76µg (15.01%), Magnesium: 46.99mg (11.75%), Folate: 43.21µg

(10.8%), Iron: 1.4mg (7.8%), Zinc: 1.02mg (6.8%), Vitamin E: 0.85mg (5.67%), Calcium: 36.33mg (3.63%), Manganese: 0.06mg (3.11%), Vitamin A: 120.39IU (2.41%), Vitamin C: 1.45mg (1.76%)