



## Salmon Teriyaki



Gluten Free



Dairy Free



Low Fod Map

READY IN



75 min.

SERVINGS



4

CALORIES



292 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 pound salmon fillet
- 0.3 cup soya sauce
- 0.3 cup wine dry white
- 0.5 cup brown sugar packed
- 1 teaspoon ground ginger

## Equipment

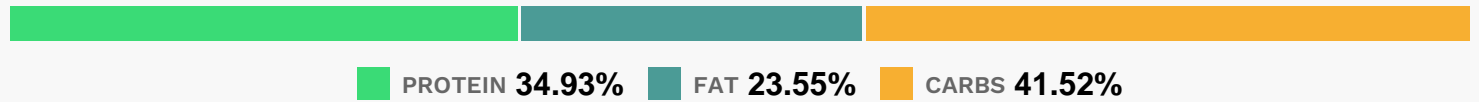
- frying pan
- oven

- broiler
- broiler pan

## Directions

- Remove and discard skin from fish.
- Cut fish into 4 serving pieces.
- Mix soy sauce, wine, brown sugar and ginger in shallow glass or plastic dish.
- Add fish; turn several times to coat. Cover and refrigerate 1 hour, turning once.
- Set oven control to broil. Spray broiler-pan rack with cooking spray.
- Remove fish from marinade; reserve marinade.
- Place fish on rack in broiler pan.
- Brush with marinade. Broil with tops about 4 inches from heat 5 to 6 minutes or until fish flakes easily with fork. Discard any remaining marinade.

## Nutrition Facts



## Properties

Glycemic Index:7.5, Glycemic Load:0.18, Inflammation Score:-3, Nutrition Score:17.193912931758%

## Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 292.3kcal (14.62%), Fat: 7.23g (11.12%), Saturated Fat: 1.13g (7.04%), Carbohydrates: 28.66g (9.55%), Net Carbohydrates: 28.48g (10.36%), Sugar: 27.13g (30.14%), Cholesterol: 62.37mg (20.79%), Sodium: 868.7mg (37.77%), Alcohol: 2.06g (100%), Alcohol %: 1.48% (100%), Protein: 24.11g (48.23%), Selenium: 42.14µg (60.19%), Vitamin B12: 3.61µg (60.1%), Vitamin B6: 0.98mg (49.05%), Vitamin B3: 9.59mg (47.93%), Vitamin B2: 0.46mg (26.87%), Phosphorus: 251.19mg (25.12%), Vitamin B5: 1.99mg (19.89%), Potassium: 643.77mg (18.39%), Vitamin B1: 0.27mg (17.74%), Copper: 0.32mg (15.96%), Manganese: 0.3mg (14.9%), Magnesium: 44.23mg (11.06%), Iron: 1.6mg

(8.89%), Folate: 31.5µg (7.87%), Zinc: 0.84mg (5.59%), Calcium: 41.7mg (4.17%)