



Salmon Teriyaki



Gluten Free



Dairy Free



Popular



Low Fod Map

READY IN



30 min.

SERVINGS



2

CALORIES



348 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



3 tablespoons mirin



3 tablespoons sake



12 ounce cuts salmon



3 tablespoons soya sauce



1 tablespoon sugar

Equipment



frying pan



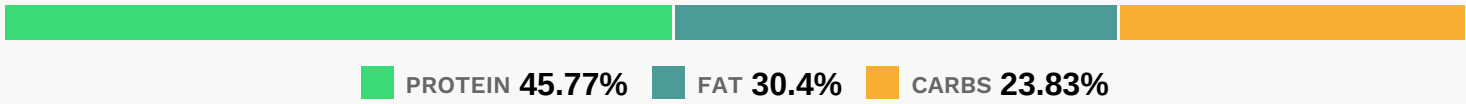
sauce pan

☐ oven

Directions

- ☐ Heat in the soy sauce, mirin, sake and sugar in a small saucepan until the sugar is dissolved and let cool.
- ☐ Place the salmon and teriyaki sauce in a ziplock bag and let marinate in the fridge for a least 30 minutes.Cook the salmon in a preheated oven set to broil for 5-10 minutes.
- ☐ Pour some of the marinade over the salmon several times while cooking.
- ☐ Place the salmon on a plate and pour some of the teriyaki sauce from the bottom of the pan on top of the salmon.

Nutrition Facts



Properties

Glycemic Index:42.55, Glycemic Load:4.38, Inflammation Score:-5, Nutrition Score:24.638260799906%

Nutrients (% of daily need)

Calories: 348.47kcal (17.42%), Fat: 10.83g (16.66%), Saturated Fat: 1.67g (10.45%), Carbohydrates: 19.11g (6.37%), Net Carbohydrates: 18.89g (6.87%), Sugar: 12.45g (13.83%), Cholesterol: 93.55mg (31.18%), Sodium: 1778.65mg (77.33%), Alcohol: 6.17g (100%), Alcohol %: 3.12% (100%), Protein: 36.7g (73.39%), Vitamin B12: 5.41µg (90.15%), Selenium: 62.65µg (89.5%), Vitamin B6: 1.45mg (72.27%), Vitamin B3: 14.44mg (72.18%), Vitamin B2: 0.69mg (40.5%), Phosphorus: 376.64mg (37.66%), Vitamin B5: 2.93mg (29.32%), Vitamin B1: 0.4mg (26.69%), Potassium: 896.46mg (25.61%), Copper: 0.46mg (23.21%), Magnesium: 61.48mg (15.37%), Folate: 47.38µg (11.85%), Iron: 2.03mg (11.27%), Manganese: 0.16mg (8.11%), Zinc: 1.21mg (8.07%), Calcium: 27mg (2.7%), Vitamin A: 68.04IU (1.36%)