



## Salmon Teriyaki Skewers with Pineapple



Gluten Free



Dairy Free



Popular

READY IN



45 min.

SERVINGS



4

CALORIES



364 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 0.5 cup soya sauce
- ☐ 0.3 cup rice vinegar
- ☐ 0.3 cup brown sugar
- ☐ 2 Tbsp garlic minced
- ☐ 2 Tbsp ginger fresh minced
- ☐ 0.3 cup green onions minced
- ☐ 2 Tbsp vegetable oil
- ☐ 1 pinch chili pepper flakes

- ☐ 1 lb salmon fillet rinsed cut into 1 to 1 1/2-inch cubes
- ☐ 1 lb pineapple fresh cut into 1 to 1 1/2-inch chunks
- ☐ 2 green onions cut into 1-inch segments
- ☐ 8 bamboo skewers for at least 20 minutes before using

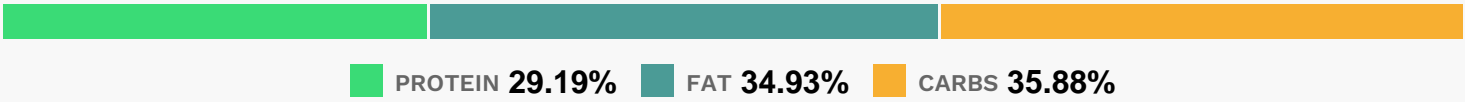
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ grill
- ☐ broiler
- ☐ skewers

## Directions

- ☐ Make the teriyaki marinade: In a medium bowl, mix together the soy sauce, mirin or rice vinegar, and brown sugar, until the sugar is completely dissolved.
- ☐ Add the fresh ginger, minced green onions, chili pepper flakes, and vegetable oil.
- ☐ Place the cubes of salmon in the bowl, coat completely with the marinade. Cover and chill for 1 to 2 hours.
- ☐ Remove salmon from marinade.
- ☐ Place marinade in a small sauce pan and bring to a boil, simmer for 10 minutes, set aside.
- ☐ Grill: Thread salmon, pineapple, and onion pieces on skewers. If using a grill, prepare grill for high, direct heat. Oil the grill grates.
- ☐ Place skewers on grill. Cover. If using an oven broiler, place on a rack on a broiling pan, so that the salmon pieces are 6 inches from the element. Turn after 2 to 4 minutes. Baste with reserved marinade. Cook for 2 to 4 minutes more, basting frequently, until salmon is just barely cooked through.
- ☐ Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:77.42, Glycemic Load:8.65, Inflammation Score:-6, Nutrition Score:27.872608578723%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg

## Nutrients (% of daily need)

Calories: 363.52kcal (18.18%), Fat: 14.23g (21.9%), Saturated Fat: 2.18g (13.62%), Carbohydrates: 32.9g (10.97%), Net Carbohydrates: 30.57g (11.12%), Sugar: 25.44g (28.27%), Cholesterol: 62.37mg (20.79%), Sodium: 1678.4mg (72.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.76g (53.51%), Vitamin C: 58.31mg (70.68%), Manganese: 1.33mg (66.49%), Selenium: 42.66µg (60.94%), Vitamin B12: 3.61µg (60.1%), Vitamin B6: 1.18mg (59.24%), Vitamin B3: 10.77mg (53.83%), Vitamin K: 38.76µg (36.92%), Vitamin B2: 0.53mg (31.02%), Phosphorus: 287.21mg (28.72%), Vitamin B1: 0.38mg (25.29%), Copper: 0.49mg (24.37%), Potassium: 826.12mg (23.6%), Vitamin B5: 2.3mg (22.98%), Magnesium: 64.58mg (16.15%), Folate: 62.58µg (15.65%), Iron: 2.31mg (12.83%), Fiber: 2.32g (9.3%), Zinc: 1.11mg (7.41%), Calcium: 63.33mg (6.33%), Vitamin A: 236.26IU (4.73%), Vitamin E: 0.67mg (4.49%)