



Salmon Teriyaki with Carrots and Onions

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



230 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1.5 tablespoons ginger fresh peeled chopped
- 2 slices carrots halved lengthwise
- 2 tablespoons sugar
- 2 spring onion
- 0.3 cup soya sauce
- 2 tablespoons sherry sweet (Japanese rice wine)
- 1 tablespoon vegetable oil
- 1 onion cut into 1/4-inch slices

- 2.5 tablespoons apple cider vinegar
- 2.5 inch salmon steaks

Equipment

- bowl
- frying pan
- sauce pan
- baking pan
- spatula
- colander

Directions

- In a small saucepan simmer sauce ingredients, stirring until sugar is dissolved, until reduced to about 1/2 cup and cool to room temperature in a metal bowl set in a larger bowl of ice and cold water.
- In a baking dish large enough to just hold salmon steaks in one layer marinate salmon in sauce, turning to coat, 15 minutes.
- While salmon is marinating, in a large saucepan of boiling salted water blanch vegetables 2 minutes, or until crisp-tender, and drain in a colander.
- Transfer vegetables to a bowl of ice and cold water to stop cooking and drain well.
- In a 10-inch heavy skillet (preferably cast iron) heat oil over moderately high heat until hot but not smoking.
- Transfer salmon to skillet with a metal spatula, letting excess sauce drip off into reserved marinade, and reduce heat to moderate. Sauté salmon, turning once, until just cooked through and browned well, about 2 1/2 minutes on each side, and transfer to 2 plates.
- Pour off oil and cook vegetables, stirring, 1 minute.
- Add reserved sauce and boil, stirring, 1 minute, or until thickened.
- Spoon vegetables and sauce over salmon and garnish with scallion greens.

Nutrition Facts



■ PROTEIN 11.88% ■ FAT 29.6% ■ CARBS 58.52%

Properties

Glycemic Index:130.46, Glycemic Load:14.1, Inflammation Score:-10, Nutrition Score:16.214782626733%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.81mg, Kaempferol: 0.81mg, Kaempferol: 0.81mg, Kaempferol: 0.81mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 12.71mg, Quercetin: 12.71mg, Quercetin: 12.71mg, Quercetin: 12.71mg

Nutrients (% of daily need)

Calories: 230.32kcal (11.52%), Fat: 7.49g (11.52%), Saturated Fat: 1.15g (7.18%), Carbohydrates: 33.31g (11.1%), Net Carbohydrates: 28.23g (10.27%), Sugar: 21.34g (23.71%), Cholesterol: 1.75mg (0.58%), Sodium: 2252.11mg (97.92%), Alcohol: 1.54g (100%), Alcohol %: 0.68% (100%), Protein: 6.76g (13.52%), Vitamin A: 20503.33IU (410.07%), Vitamin K: 53.73µg (51.18%), Manganese: 0.53mg (26.74%), Fiber: 5.08g (20.31%), Potassium: 647.72mg (18.51%), Vitamin B6: 0.36mg (18.04%), Vitamin C: 13.79mg (16.71%), Vitamin B3: 3.16mg (15.79%), Phosphorus: 125.69mg (12.57%), Folate: 49.79µg (12.45%), Magnesium: 43.62mg (10.91%), Vitamin B2: 0.17mg (10.14%), Vitamin E: 1.45mg (9.68%), Vitamin B1: 0.14mg (9.63%), Iron: 1.72mg (9.56%), Copper: 0.16mg (8.06%), Calcium: 73.29mg (7.33%), Vitamin B5: 0.63mg (6.25%), Zinc: 0.66mg (4.43%), Selenium: 2.08µg (2.97%), Vitamin B12: 0.1µg (1.68%)