



Salmon with Soy-Honey and Wasabi Sauces



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



358 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon ginger fresh finely grated peeled
- ☐ 0.3 cup honey
- ☐ 1 tablespoon juice of lime fresh
- ☐ 4 servings accompaniment: lime wedges
- ☐ 0.5 cup mirin) sweet
- ☐ 0.3 cup rice vinegar (not seasoned)
- ☐ 24 ounce salmon fillet
- ☐ 2 tablespoons soya sauce

- ☐ 2 teaspoons wasabi powder
- ☐ 1 tablespoon water

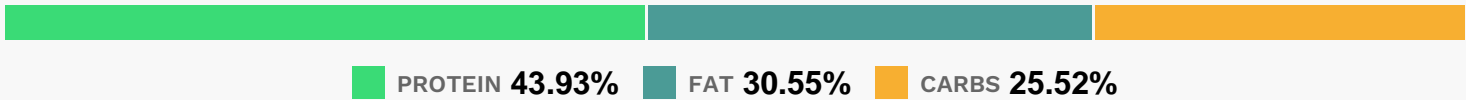
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ broiler
- ☐ broiler pan

Directions

- ☐ Marinate salmon;
- ☐ Stir together mirin, soy sauce, vinegar, and ginger in a shallow dish.
- ☐ Add fish, skin sides up, and marinate, covered, at room temperature 10 minutes.
- ☐ Preheat broiler.
- ☐ Boil soy sauce, honey, and lime juice in a small saucepan, stirring frequently, until thickened, about 4 minutes.
- ☐ Stir together wasabi powder and water in a small bowl.
- ☐ Broil fish, skin sides down, on oiled rack of a broiler pan 5 to 7 inches from heat until fish is just cooked through, about 6 minutes.
- ☐ Serve salmon drizzled with sauces.
- ☐ Soy-honey and wasabi sauces can be made 2 hours ahead and kept, covered, at room temperature.

Nutrition Facts



Properties

Glycemic Index:41.07, Glycemic Load:9.24, Inflammation Score:-4, Nutrition Score:24.082173666471%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.77mg, Hesperetin: 0.77mg, Hesperetin: 0.77mg, Hesperetin: 0.77mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 357.6kcal (17.88%), Fat: 10.81g (16.64%), Saturated Fat: 1.67g (10.46%), Carbohydrates: 20.32g (6.77%), Net Carbohydrates: 20.08g (7.3%), Sugar: 17.66g (19.63%), Cholesterol: 93.55mg (31.18%), Sodium: 579.94mg (25.21%), Alcohol: 4.83g (100%), Alcohol %: 2.38% (100%), Protein: 34.99g (69.97%), Vitamin B12: 5.41µg (90.15%), Selenium: 62.85µg (89.78%), Vitamin B6: 1.42mg (71.03%), Vitamin B3: 13.77mg (68.88%), Vitamin B2: 0.67mg (39.41%), Phosphorus: 356.88mg (35.69%), Vitamin B5: 2.89mg (28.9%), Vitamin B1: 0.39mg (26.14%), Potassium: 886.9mg (25.34%), Copper: 0.46mg (22.78%), Magnesium: 56.81mg (14.2%), Folate: 45.31µg (11.33%), Iron: 1.72mg (9.58%), Zinc: 1.2mg (8%), Manganese: 0.1mg (5.23%), Calcium: 27.83mg (2.78%), Vitamin C: 1.82mg (2.2%), Vitamin A: 70.59IU (1.41%)