



Salmon with Sweet Chili Glaze, Sugar Snap Peas, and Pea Tendrils

 Gluten Free  Dairy Free  Popular

READY IN



45 min.

SERVINGS



6

CALORIES



371 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup chilli sauce sweet
- 6 ounces pea-mond dressing
- 3 garlic clove minced
- 1.5 tablespoons rice wine dry chinese
- 36 ounce salmon fillet with skin
- 1 teaspoon sesame oil
- 3 tablespoons soya sauce divided

- 8 ounces sugar snap peas trimmed
- 2 tablespoons vegetable oil

Equipment

- bowl
- frying pan
- baking sheet
- whisk
- aluminum foil
- broiler

Directions

- Line rimmed baking sheet with foil. Coat with nonstick spray.
- Whisk chili sauce, 2 tablespoons soy sauce, and 1 tablespoon ginger in small bowl.
- Place salmon fillets, skin side down, on prepared sheet. Spoon chili sauce marinade over and let stand at room temperature 30 minutes.
- Preheat broiler. Spoon any marinade remaining on baking sheet over salmon fillets. Broil salmon without turning until browned in spots and almost opaque in center, 6 to 10 minutes, depending on thickness of fillet.
- Meanwhile, heat vegetable oil in wok or heavy large skillet over medium-high heat.
- Add remaining 1 tablespoon ginger and minced garlic; stir until aromatic, about 30 seconds.
- Add sugar snap peas and stir until crisp-tender, about 2 minutes.
- Add remaining 1 tablespoon soy sauce, rice wine, and pea tendrils and stir just until wilted, about 1 minute.
- Drizzle with sesame oil.
- Place 1 salmon fillet on each plate. Spoon warm pea mixture over salmon fillets and serve.
- * Available in the Asian foods section of some supermarkets, at Asian markets, and from amazon.com.
- ** Available at natural foods stores, farmers' markets, and Asian markets.
- Bon Appétit

Nutrition Facts

PROTEIN 42.39% FAT 40.74% CARBS 16.87%

Properties

Glycemic Index:14.33, Glycemic Load:1.86, Inflammation Score:-7, Nutrition Score:30.5660868313%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 370.81kcal (18.54%), Fat: 16.29g (25.06%), Saturated Fat: 2.51g (15.69%), Carbohydrates: 15.17g (5.06%), Net Carbohydrates: 12.18g (4.43%), Sugar: 7.69g (8.55%), Cholesterol: 93.55mg (31.18%), Sodium: 686.81mg (29.86%), Alcohol: 0.6g (100%), Alcohol %: 0.29% (100%), Protein: 38.14g (76.28%), Selenium: 63.4µg (90.57%), Vitamin B12: 5.41µg (90.15%), Vitamin B6: 1.52mg (75.84%), Vitamin B3: 14.1mg (70.51%), Phosphorus: 418.67mg (41.87%), Vitamin B2: 0.71mg (41.62%), Vitamin B1: 0.51mg (33.78%), Vitamin B5: 3.27mg (32.73%), Folate: 119.03µg (29.76%), Potassium: 1013.92mg (28.97%), Vitamin C: 23.26mg (28.2%), Copper: 0.55mg (27.4%), Magnesium: 77.63mg (19.41%), Vitamin K: 18.38µg (17.51%), Iron: 3.1mg (17.24%), Manganese: 0.32mg (16.2%), Fiber: 2.99g (11.97%), Zinc: 1.61mg (10.75%), Vitamin A: 483.31IU (9.67%), Calcium: 48.17mg (4.82%), Vitamin E: 0.61mg (4.05%)