



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



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



373 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup asian chili sauce sweet
- ☐ 6 ounces pea sprouts
- ☐ 2 tablespoons ginger fresh divided finely grated peeled
- ☐ 3 garlic cloves minced
- ☐ 1.5 tablespoons rice wine dry chinese
- ☐ 36 ounce salmon fillet with skin
- ☐ 1 teaspoon asian sesame oil

- ☐ 3 tablespoons soya sauce divided
- ☐ 8 ounces sugar snap peas trimmed
- ☐ 2 tablespoons vegetable oil

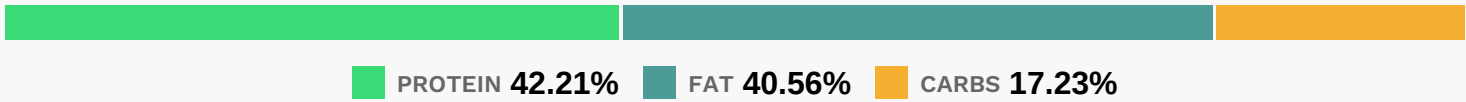
Equipment

- ☐ 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.

Nutrition Facts



Properties

Glycemic Index:16.83, Glycemic Load:1.92, Inflammation Score:-7, Nutrition Score:30.66130399704%

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: 372.68kcal (18.63%), Fat: 16.31g (25.09%), Saturated Fat: 2.52g (15.72%), Carbohydrates: 15.59g (5.2%), Net Carbohydrates: 12.55g (4.56%), Sugar: 7.73g (8.59%), Cholesterol: 93.55mg (31.18%), Sodium: 687.11mg (29.87%), Alcohol: 0.6g (100%), Alcohol %: 0.28% (100%), Protein: 38.18g (76.37%), Selenium: 63.41µg (90.59%), Vitamin B12: 5.41µg (90.15%), Vitamin B6: 1.52mg (76.03%), Vitamin B3: 14.12mg (70.6%), Phosphorus: 419.47mg (41.95%), Vitamin B2: 0.71mg (41.67%), Vitamin B1: 0.51mg (33.82%), Vitamin B5: 3.28mg (32.78%), Folate: 119.29µg (29.82%), Potassium: 1023.6mg (29.25%), Vitamin C: 23.38mg (28.34%), Copper: 0.55mg (27.67%), Magnesium: 78.63mg (19.66%), Vitamin K: 18.39µg (17.51%), Iron: 3.12mg (17.32%), Manganese: 0.33mg (16.47%), Fiber: 3.04g (12.16%), Zinc: 1.62mg (10.81%), Vitamin A: 483.31IU (9.67%), Calcium: 48.55mg (4.85%), Vitamin E: 0.61mg (4.09%)