



Soy and Ginger Salmon



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



293 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon ginger fresh grated
- ☐ 1 clove garlic finely chopped
- ☐ 2 tablespoons honey
- ☐ 0.5 cup soya sauce low-sodium
- ☐ 24 ounce salmon fillet

Equipment

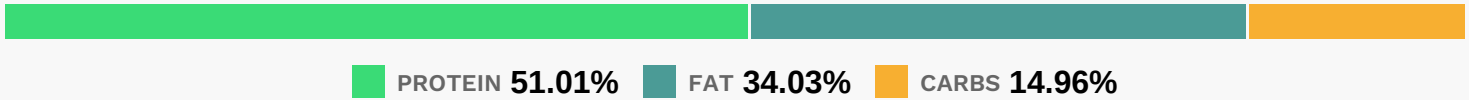
- ☐ sauce pan
- ☐ aluminum foil

- ☐ broiler
- ☐ ziploc bags
- ☐ broiler pan
- ☐ glass baking pan

Directions

- ☐ In a glass baking dish or large resealable plastic bag, combine the soy sauce, honey, garlic, ginger, and pepper flakes (if using).
- ☐ Add the salmon, skin-side up. Cover and refrigerate for 30 minutes.
- ☐ Heat broiler on high.
- ☐ Transfer the salmon to a foil-lined broiler pan, skin-side down. Broil until the salmon is the same color throughout and flakes easily, 7 to 10 minutes. If desired, pour the marinade into a small saucepan and boil for 1 minute. Spoon the sauce over the salmon. Tip: Consider this recipe a basic outline for teriyaki sauce that you can tweak according to your familys preferences. Try using chicken in place of the salmon, swapping pineapple juice for the honey, or skipping the red pepper flakes if your kids have an aversion to all things spicy.

Nutrition Facts



Properties

Glycemic Index:24.32, Glycemic Load:4.59, Inflammation Score:-4, Nutrition Score:25.07304329498%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 293.14kcal (14.66%), Fat: 10.89g (16.75%), Saturated Fat: 1.68g (10.51%), Carbohydrates: 10.77g (3.59%), Net Carbohydrates: 10.5g (3.82%), Sugar: 8.8g (9.77%), Cholesterol: 93.55mg (31.18%), Sodium: 1222.96mg (53.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.72g (73.44%), Vitamin B12: 5.41µg (90.15%), Selenium: 62.44µg (89.2%), Vitamin B6: 1.46mg (72.75%), Vitamin B3: 13.75mg (68.77%), Vitamin B2: 0.73mg (42.81%), Phosphorus: 394.84mg (39.48%), Vitamin B5: 2.94mg (29.45%), Potassium: 956.22mg (27.32%), Vitamin B1: 0.4mg (26.59%), Copper: 0.45mg (22.4%), Magnesium: 71.93mg (17.98%), Folate: 56.84µg (14.21%), Iron: 1.85mg (10.28%), Manganese: 0.18mg (9.22%), Zinc: 1.37mg (9.16%), Calcium: 32.04mg (3.2%), Vitamin A: 68.11IU (1.36%),

Fiber: 0.27g (1.08%)