



Sriracha Salmon

 **Gluten Free**  **Dairy Free**  **Very Healthy**  **Low Fod Map**

READY IN



30 min.

SERVINGS



2

CALORIES



427 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon ginger paste
- 0.5 juice of lemon juiced
- 0.5 optional: lemon sliced
- 1 tablespoon maple syrup
- 1 tablespoon olive oil
- 1 pound salmon
- 2 servings salt and pepper
- 2 tablespoons sriracha

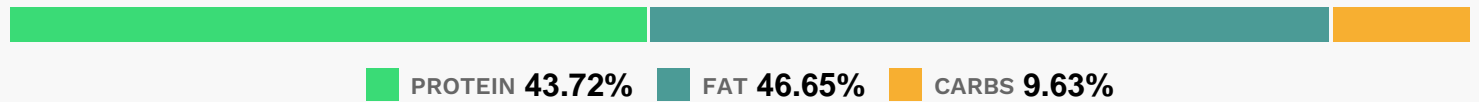
Equipment

- oven
- baking pan

Directions

- combine lemon juice, sriracha, ginger, mayo and maple syrupsprinkle salt and pepper on salmon fillets in a baking dish and pour marinade over topmarinate for a few hours in the fridge (Or overnight)heat oven to 375°sprinkle with more pepper and roast salmon until cooked through and flaky, 15–20 minutesserve with lemon slices

Nutrition Facts



Properties

Glycemic Index:31, Glycemic Load:2.91, Inflammation Score:-6, Nutrition Score:32.657391537791%

Flavonoids

Eriodictyol: 6.13mg, Eriodictyol: 6.13mg, Eriodictyol: 6.13mg, Eriodictyol: 6.13mg Hesperetin: 8.62mg, Hesperetin: 8.62mg, Hesperetin: 8.62mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 426.84kcal (21.34%), Fat: 21.53g (33.12%), Saturated Fat: 3.21g (20.07%), Carbohydrates: 10g (3.33%), Net Carbohydrates: 9.18g (3.34%), Sugar: 7.02g (7.8%), Cholesterol: 124.74mg (41.58%), Sodium: 641.33mg (27.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 45.39g (90.77%), Vitamin B12: 7.21µg (120.2%), Selenium: 82.9µg (118.42%), Vitamin B6: 1.9mg (95.03%), Vitamin B3: 17.9mg (89.51%), Vitamin B2: 1.01mg (59.18%), Phosphorus: 459.94mg (45.99%), Vitamin B5: 3.85mg (38.49%), Vitamin B1: 0.54mg (35.76%), Potassium: 1197.62mg (34.22%), Vitamin C: 26.94mg (32.65%), Copper: 0.58mg (29.1%), Magnesium: 71.14mg (17.78%), Folate: 61.95µg (15.49%), Manganese: 0.28mg (14.11%), Iron: 2.1mg (11.65%), Zinc: 1.56mg (10.37%), Vitamin E: 1.08mg (7.17%), Calcium: 46.82mg (4.68%), Vitamin K: 4.53µg (4.31%), Fiber: 0.82g (3.27%), Vitamin A: 118.17IU (2.36%)