



Sweet-N-Smoky Salmon With Ginger Mahogany Rice

 Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



941 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup brown sugar packed
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- 2 cups chicken stock see
- 3 inches ginger
- 1.5 teaspoons liquid smoke
- 2 Tb vegetable oil; peanut oil preferred separated
- 1 cup rice

- 4 fillet salmon fillet
- 4 servings salt and pepper
- 2 tablespoons soya sauce

Equipment

- bowl
- frying pan
- paper towels
- sauce pan
- grill
- aluminum foil
- spatula

Directions

- Place the salmon in bowl, or large zip bag with soy sauce, liquid smoke and brown sugar.
- Let it marinate for at least 1 hour but you could marinate over night! When ready to use, preheat the grill or an iron skillet to high heat. In a medium sauce pan, over high heat, toast the rice in 1 Tb. of oil for 2 minutes. Then add the chicken stock and a large pinch of salt and pepper. Bring to a boil. Lower the heat to a simmer and cover. Simmer the rice for about 40 minutes or as directed on the package. Meanwhile, peel the ginger and cut into thin strips. (julienne)
- Heat a small skillet over medium-high.
- Add 1 Tb. of oil to the skillet. When the oil is hot, drop the ginger in and pan-fry for 1-2 minutes, moving with a spatula, until they are light brown.
- Remove from the pan and drain on a paper towel.
- Sprinkle with salt. While the rice is cooking, CAREFULLY brush the grill with vegetable oil. (You could also use grill spray.) Pepper the salmon and place it on the grill, top-side-down. Cook 3 minutes. Flip, then carefully sprinkle the tops with a little extra brown sugar and grill for another 3-5 minutes until just cooked through. Cover with foil and let them rest for 5-10 minutes before serving.

Nutrition Facts



■ PROTEIN 17.52% ■ FAT 18.48% ■ CARBS 64%

Properties

Glycemic Index:22.8, Glycemic Load:22.45, Inflammation Score:-4, Nutrition Score:30.429130434783%

Nutrients (% of daily need)

Calories: 940.68kcal (47.03%), Fat: 19.32g (29.73%), Saturated Fat: 3.29g (20.55%), Carbohydrates: 150.56g (50.19%), Net Carbohydrates: 149.78g (54.47%), Sugar: 108.89g (120.99%), Cholesterol: 97.1mg (32.37%), Sodium: 980.89mg (42.65%), Protein: 41.22g (82.45%), Selenium: 73.1µg (104.43%), Vitamin B12: 5.41µg (90.1%), Vitamin B3: 16.51mg (82.57%), Vitamin B6: 1.61mg (80.56%), Vitamin B2: 0.79mg (46.24%), Phosphorus: 443.47mg (44.35%), Vitamin B5: 3.49mg (34.87%), Potassium: 1199.4mg (34.27%), Copper: 0.67mg (33.37%), Manganese: 0.66mg (32.91%), Vitamin B1: 0.47mg (31.01%), Magnesium: 81.43mg (20.36%), Iron: 3.01mg (16.74%), Folate: 55.5µg (13.87%), Calcium: 131.01mg (13.1%), Zinc: 1.85mg (12.34%), Vitamin E: 1.16mg (7.74%), Fiber: 0.78g (3.11%), Vitamin A: 71.6IU (1.43%)