



Sweet Salmon with a Kick

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



45 min.

SERVINGS



4

CALORIES



284 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon five-spice powder
- 0.3 cup green onions sliced
- 1 teaspoon ground pepper red
- 2 tablespoons honey
- 0.5 teaspoon kosher salt
- 1 tablespoon soya sauce low-sodium
- 0.3 cup rice vinegar
- 24 ounce salmon fillet

Equipment

- bowl
- whisk
- broiler
- microwave
- broiler pan

Directions

- Preheat broiler.
- Combine first 3 ingredients in a small bowl; stir with a whisk. Reserve 1/4 cup vinegar mixture.
- Combine red pepper, salt, and five-spice powder; rub evenly over skinned side of salmon.
- Place salmon, skin side down, on a broiler pan coated with cooking spray. Broil 16 minutes or until fish flakes easily when tested with a fork or until desired degree of doneness, brushing frequently with vinegar mixture.
- Place reserved 1/4 cup vinegar mixture in a small microwave-safe glass bowl. Microwave at high 20 seconds or until bubbly.
- Drizzle over fish; sprinkle with onions.

Nutrition Facts

PROTEIN 49.88% **FAT 35.8%** **CARBS 14.32%**

Properties

Glycemic Index:42.82, Glycemic Load:4.67, Inflammation Score:-5, Nutrition Score:24.850000298542%

Flavonoids

Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 283.88kcal (14.19%), Fat: 10.97g (16.88%), Saturated Fat: 1.69g (10.57%), Carbohydrates: 9.87g (3.29%), Net Carbohydrates: 9.45g (3.44%), Sugar: 8.84g (9.83%), Cholesterol: 93.55mg (31.18%), Sodium: 511.5mg (22.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.4g (68.81%), Vitamin B12: 5.41µg (90.15%), Selenium: 62.38µg

(89.11%), Vitamin B6: 1.42mg (70.98%), Vitamin B3: 13.52mg (67.6%), Vitamin B2: 0.67mg (39.47%), Phosphorus: 353.87mg (35.39%), Vitamin B5: 2.86mg (28.59%), Vitamin B1: 0.39mg (26.19%), Potassium: 887.92mg (25.37%), Copper: 0.44mg (22.19%), Magnesium: 55.33mg (13.83%), Vitamin K: 13.34µg (12.7%), Folate: 49.07µg (12.27%), Iron: 1.78mg (9.9%), Zinc: 1.21mg (8.06%), Vitamin A: 339.96IU (6.8%), Manganese: 0.09mg (4.68%), Calcium: 31.85mg (3.18%), Vitamin C: 1.71mg (2.08%), Fiber: 0.42g (1.68%), Vitamin E: 0.2mg (1.33%)