

health-score55%

HEALTH SCORE

Teriyaki Salmon

☒ Gluten Free ☒ Dairy Free

READY IN

ready

85 min.

SERVINGS

servings

4

CALORIES

calories

413 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons brown sugar to taste
- ☐ 0.3 teaspoon garlic powder
- ☐ 1 teaspoon ground ginger
- ☐ 1 teaspoon ground mustard
- ☐ 0.3 cup juice of lemon
- ☐ 24 ounce salmon steaks
- ☐ 0.3 cup sesame oil
- ☐ 1 tablespoon sesame seed

☐ 0.3 cup soya sauce

Equipment

☐ sauce pan

☐ oven

☐ broiler

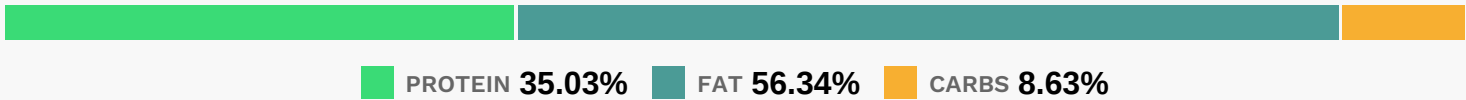
☐ ziploc bags

☐ broiler pan

Directions

- ☐ Mix sesame oil, lemon juice, soy sauce, brown sugar, sesame seeds, ground mustard, ginger, and garlic powder in a small saucepan over low heat. Bring to a simmer, stirring until sugar has dissolved. Set aside 1/2 cup of marinade for basting.
- ☐ Pour remaining marinade into a resealable plastic bag and place salmon into the marinade. Squeeze air out of the bag, seal, and marinate the salmon steaks for at least 1 hour (2 hours for better flavor).
- ☐ Drain and discard used marinade.
- ☐ Set oven rack about 4 inches from the heat source and preheat the oven's broiler.
- ☐ Place salmon steaks into a broiler pan and broil for 5 minutes.
- ☐ Brush steaks with reserved marinade, turn, and broil until fish is opaque and flakes easily, about 5 more minutes.
- ☐ Brush again with marinade.

Nutrition Facts



Properties

Glycemic Index:13.75, Glycemic Load:0.19, Inflammation Score:-4, Nutrition Score:26.087391272835%

Flavonoids

Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 413.13kcal (20.66%), Fat: 25.66g (39.47%), Saturated Fat: 3.77g (23.59%), Carbohydrates: 8.85g (2.95%), Net Carbohydrates: 8.3g (3.02%), Sugar: 6.51g (7.24%), Cholesterol: 93.55mg (31.18%), Sodium: 887.18mg (38.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.89g (71.79%), Selenium: 64.34µg (91.92%), Vitamin B12: 5.41µg (90.15%), Vitamin B6: 1.45mg (72.69%), Vitamin B3: 14.13mg (70.63%), Vitamin B2: 0.68mg (39.89%), Phosphorus: 378.84mg (37.88%), Vitamin B5: 2.92mg (29.22%), Vitamin B1: 0.42mg (27.84%), Copper: 0.54mg (26.92%), Potassium: 909.79mg (25.99%), Manganese: 0.34mg (16.75%), Magnesium: 66.67mg (16.67%), Folate: 51.15µg (12.79%), Iron: 2.21mg (12.26%), Zinc: 1.37mg (9.13%), Vitamin C: 5.94mg (7.2%), Calcium: 50.75mg (5.08%), Fiber: 0.55g (2.18%), Vitamin K: 1.88µg (1.8%), Vitamin E: 0.25mg (1.63%), Vitamin A: 69.44IU (1.39%)