



Teriyaki Salmon



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



253 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black divided freshly ground
- ☐ 1 pound brussels sprouts halved
- ☐ 1 tablespoon canola oil divided
- ☐ 1 teaspoon sesame oil dark
- ☐ 4 teaspoons garlic divided chopped
- ☐ 1 teaspoon ginger grated
- ☐ 1 tablespoon honey
- ☐ 1 tablespoon rice vinegar

- ☐ 1.5 pounds salmon fillet
- ☐ 0.5 teaspoon salt divided
- ☐ 0.5 pound mushroom caps sliced
- ☐ 2 tablespoons teriyaki sauce low-sodium

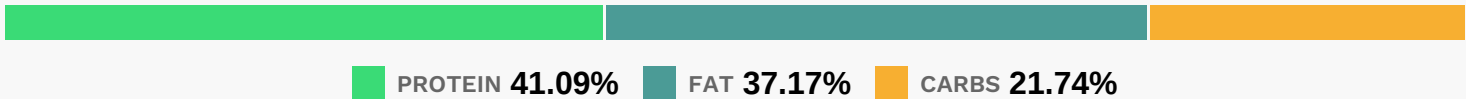
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Position rack in middle of oven; heat oven to 450°F. In a bowl, combine teriyaki sauce, honey, vinegar, 1 teaspoon garlic, ginger and sesame oil.
- ☐ Place salmon in a shallow dish; sprinkle with 1 1/2 tablespoon teriyaki mixture; marinate 15 minutes. In a second bowl, toss brussels sprouts with 1 1/2 teaspoon garlic, 1/2 tablespoon canola oil, 1/4 teaspoon salt and 1/4 teaspoon black pepper. Coat a rimmed sheet pan with cooking spray.
- ☐ Spread brussels sprouts in pan in a single layer; roast until light brown, 5 minutes. In second bowl, toss mushrooms with remaining 1/2 tablespoon canola oil, 1 1/2 teaspoon garlic, 1/4 teaspoon salt and 1/4 teaspoon black pepper. Move brussels sprouts to center of pan; top with salmon; place mushrooms in pan around edges; roast, stirring mushrooms occasionally, until salmon is just cooked through, 8 to 10 minutes. Top salmon with remaining teriyaki mixture; serve over Brussels sprouts and mushrooms.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:40.55, Glycemic Load:3.48, Inflammation Score:-7, Nutrition Score:30.861739355585%

Flavonoids

Naringenin: 2.49mg, Naringenin: 2.49mg, Naringenin: 2.49mg, Naringenin: 2.49mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg

Nutrients (% of daily need)

Calories: 253.03kcal (12.65%), Fat: 10.62g (16.34%), Saturated Fat: 1.43g (8.94%), Carbohydrates: 13.98g (4.66%), Net Carbohydrates: 10.06g (3.66%), Sugar: 6.31g (7.01%), Cholesterol: 62.37mg (20.79%), Sodium: 496.4mg (21.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.42g (52.83%), Vitamin K: 135.87µg (129.4%), Vitamin C: 64.92mg (78.69%), Selenium: 45.16µg (64.51%), Vitamin B6: 1.24mg (61.83%), Vitamin B12: 3.61µg (60.1%), Vitamin B3: 11.04mg (55.2%), Vitamin B2: 0.59mg (34.65%), Phosphorus: 334.22mg (33.42%), Potassium: 991.67mg (28.33%), Vitamin B5: 2.72mg (27.17%), Vitamin B1: 0.37mg (24.87%), Manganese: 0.42mg (21%), Copper: 0.41mg (20.33%), Folate: 80.05µg (20.01%), Fiber: 3.92g (15.69%), Magnesium: 62.52mg (15.63%), Iron: 2.29mg (12.73%), Vitamin A: 616.47IU (12.33%), Zinc: 1.47mg (9.82%), Vitamin E: 1.09mg (7.25%), Calcium: 52.52mg (5.25%), Vitamin D: 0.15µg (1.01%)