



Teriyaki Salmon Strips

 Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



283 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 10 bamboo skewers for 30 minutes
- 2 tablespoons canola oil
- 2 tablespoons green onions chopped
- 10 ounces king salmon cut into 1-ounce strips
- 2 tablespoons sesame seed
- 1.5 cups teriyaki sauce divided
- 1 cup water

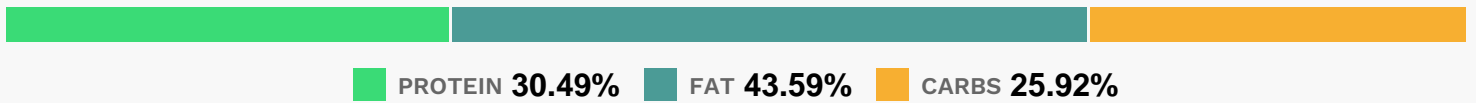
Equipment

- frying pan
- grill
- skewers
- grill pan

Directions

- In a non-reactive shallow pan, mix together 1 cup teriyaki sauce and 1 cup water for a marinade.
- Place the salmon on the pre-soaked skewers and marinate for 10 minutes.
- Heat oil in a grill pan or non-stick skillet over medium-high heat. Grill the skewers for 3 minutes on each side for medium, or 5 minutes on each side for well done.
- Arrange the skewered salmon in a star-like pattern. Generously drizzle 1/2 cup teriyaki sauce over the skewers.
- Garnish with sesame seeds and green onions.

Nutrition Facts



Properties

Glycemic Index:24.75, Glycemic Load:0.22, Inflammation Score:-5, Nutrition Score:16.028695744017%

Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 283kcal (14.15%), Fat: 13.52g (20.8%), Saturated Fat: 1.49g (9.33%), Carbohydrates: 18.09g (6.03%), Net Carbohydrates: 17.39g (6.32%), Sugar: 15.36g (17.06%), Cholesterol: 38.98mg (12.99%), Sodium: 4171.64mg (181.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.27g (42.55%), Selenium: 28.46µg (40.66%), Vitamin B12: 2.25µg (37.56%), Vitamin B6: 0.72mg (36.23%), Vitamin B3: 7.14mg (35.71%), Phosphorus: 334.96mg (33.5%), Magnesium: 101.76mg (25.44%), Copper: 0.46mg (23.16%), Vitamin B2: 0.36mg (21.05%), Potassium: 619.28mg (17.69%), Iron: 3.04mg (16.87%), Vitamin B1: 0.23mg (15.1%), Vitamin B5: 1.4mg (14.02%), Vitamin K: 11.2µg (10.67%), Vitamin E: 1.27mg (8.45%), Folate: 32.23µg (8.06%), Calcium: 78.64mg (7.86%), Zinc: 0.91mg (6.04%), Manganese: 0.12mg (5.92%), Fiber: 0.69g (2.77%), Vitamin A: 58.94IU (1.18%)