



 **54%**
HEALTH SCORE

Wasabi & Honey Glazed-Salmon

 **Gluten Free**  **Dairy Free**

READY IN



20 min.

SERVINGS



2

CALORIES



359 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon ginger peeled finely chopped
- 2 tablespoons honey
- 1 tablespoon soy sauce reduced-sodium
- 3 tablespoons mirin (or vermouth)
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- 1 tablespoon rice vinegar
- 12 ounces salmon fillet
- 4 teaspoons wasabi paste

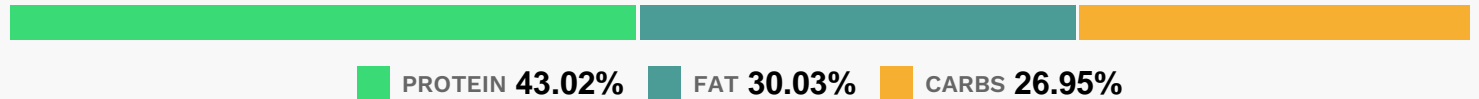
Equipment

- frying pan
- sauce pan
- oven

Directions

- In a small saucepan over medium-high heat, stir together mirin, vinegar, soy sauce, honey, ginger and wasabi to taste. (
- Add the wasabi incrementally, tasting as you go.)Bring to a boil. Reduce the heat to medium and cook, stirring occasionally, until glaze thickens slightly, about 5-10 minutes.
- Remove from the heat.Preheat oven to 425F.Lightly coat an oven-proof skillet with olive oil and heat on medium-high.Season the salmon with a little kosher salt & fresh cracked pepper.When the oil is hot and begins to shimmer, add the salmon, skin side up.Sear, without moving it around for 3-4 minutes. Turn the salmon over, skin side down.
- Brush some of the glaze onto the salmon and then place the skillet of salmon into the oven for about 4 minutes.Spoon the remainder of the sauce over the salmon and serve hot.

Nutrition Facts



Properties

Glycemic Index:58.64, Glycemic Load:9.05, Inflammation Score:-4, Nutrition Score:24.663043478261%

Taste

Sweetness: 47.11%, Saltiness: 100%, Sourness: 39.02%, Bitterness: 16.66%, Savoriness: 76.22%, Fattiness: 48.92%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 359.08kcal (17.95%), Fat: 10.88g (16.74%), Saturated Fat: 1.67g (10.46%), Carbohydrates: 21.97g (7.32%), Net Carbohydrates: 21.07g (7.66%), Sugar: 17.3g (19.22%), Cholesterol: 93.55mg (31.18%), Sodium: 365.67mg (15.9%), Alcohol: 4.28g (23.75%), Protein: 35.06g (70.13%), Vitamin B12: 5.41µg (90.15%), Selenium: 62.34µg (89.06%), Vitamin B6: 1.44mg (71.91%), Vitamin B3: 13.57mg (67.84%), Vitamin B2: 0.69mg (40.31%), Phosphorus: 362.97mg (36.3%), Vitamin B5: 2.89mg (28.93%), Vitamin B1: 0.4mg (26.73%), Potassium: 933.67mg (26.68%),

Copper: 0.46mg (22.75%), Magnesium: 62.68mg (15.67%), Folate: 48.37 μ g (12.09%), Iron: 1.67mg (9.27%), Zinc: 1.36mg (9.09%), Manganese: 0.12mg (6.19%), Vitamin C: 4.35mg (5.27%), Calcium: 37.51mg (3.75%), Fiber: 0.9g (3.59%), Vitamin A: 71.54IU (1.43%)