

Salmon Teriyaki

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Palm Beach Post

Servings: 4

1 pound salmon
1/2 cup soy sauce
2 tablespoons mirin
2 teaspoons sugar
1 tablespoon vegetable oil (optional)

Cut the salmon into four portions. In a shallow container large enough to hold the salmon pieces, mix the soy sauce, mirin and sugar until the sugar dissolves. Coat both sides of the salmon with the mixture and arrange the pieces skin-side up in the container. Refrigerate for 30 minutes to one hour.

Arrange your oven racks so that the skillet you will be cooking in is as close as possible to the broiler flame.

Turn on the broiler. Preheat a cast iron or other ovenproof skillet over high heat on the stove until very hot.

Remove the salmon from the marinade and brush both sides with the oil. (If your pan is well seasoned, you can skip this step.) Place the salmon, skin-side up, in the skillet and transfer the pan to the broiler. Cook for 1 to 2 minutes and check for doneness. If it isn't done, flip and cook for 1 minute more.

Depending on the size of your skillet, you may need to cook the salmon in batches. If you are in a rush, the marinating time can be reduced to as little as 15 minutes, but the salmon won't be quite as flavorful.

Per Serving (excluding unknown items): 159 Calories; 4g Fat (23.0% calories from fat); 24g Protein; 5g Carbohydrate; trace Dietary Fiber; 59mg Cholesterol; 2133mg Sodium. Exchanges: 3 Lean Meat; 1/2 Vegetable; 0 Other Carbohydrates.

Seafood

Per Serving Nutritional Analysis

Calories (kcal):	159	Vitamin B6 (mg):	.3mg 3.4mcg
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% Calories from Fat:	23.0%
% Calories from Carbohydrates:	13.4%
% Calories from Protein:	63.6%
Total Fat (g):	4g
Saturated Fat (g):	1g
Monounsaturated Fat (g):	1g
Polyunsaturated Fat (g):	2g
Cholesterol (mg):	59mg
Carbohydrate (g):	5g
Dietary Fiber (g):	trace
Protein (g):	24g
Sodium (mg):	2133mg
Potassium (mg):	431mg
Calcium (mg):	21mg
Iron (mg):	2mg
Zinc (mg):	1mg
Vitamin C (mg):	0mg
Vitamin A (i.u.):	134IU
Vitamin A (r.e.):	39 1/2RE

Vitamin B12 (mcg):	
Thiamin B1 (mg):	.2mg
Riboflavin B2 (mg):	.2mg
Folacin (mcg):	10mcg
Niacin (mg):	7mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	3
Vegetable:	1/2
Fruit:	0
Non-Fat Milk:	0
Fat:	0
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 159 Calories from Fat: 37

% Daily Values*

Total Fat	4g	6%
Saturated Fat	1g	3%
Cholesterol	59mg	20%
Sodium	2133mg	89%
Total Carbohydrates	5g	2%
Dietary Fiber	trace	1%
Protein	24g	
Vitamin A		3%
Vitamin C		0%
Calcium		2%
Iron		9%

* Percent Daily Values are based on a 2000 calorie diet.