

Soy Peppered Salmon

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Servings: 4

1/4 cup soy sauce
2 cloves garlic, minced
3 tablespoons brown sugar
2 tablespoons lime juice OR vinegar
4 six-ounce Alaskan salmon fillets, skinned
2 tablespoons coarsely ground black pepper
1 tablespoon oil

Combine the soy sauce, garlic, sugar and lime juice in a plastic ziptop bag. Add the salmon fillets. Seal the bag and marinate for one to two hours in the refrigerator.

Remove the salmon from the bag. Press black pepper on both sides.

Heat the oil in a nonstick skillet until hot. Add the salmon and saute' for 4 minutes per side or until the fish flakes with a fork.

Use the coarsest pepper that you can find for this recipe.

Per Serving (excluding unknown items): 67 Calories; 3g Fat (44.4% calories from fat); 1g Protein; 9g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 1032mg Sodium. Exchanges: 1/2 Vegetable; 1/2 Fat; 1/2 Other Carbohydrates.

Seafood

Per Serving Nutritional Analysis

Calories (kcal):	67
% Calories from Fat:	44.4%
% Calories from Carbohydrates:	49.7%
% Calories from Protein:	5.9%
Total Fat (g):	3g
Saturated Fat (g):	trace
Monounsaturated Fat (g):	2g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	0mg
Carbohydrate (g):	9g
Dietary Fiber (g):	trace
Protein (g):	1g
Sodium (mg):	1032mg
	62mg

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace
Folacin (mcg):	3mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Daily Value*	0 0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	1/2
	0
	1

Potassium (mg):
Calcium (mg): 12mg
Iron (mg): 1mg
Zinc (mg): trace
Vitamin C (mg): trace
Vitamin A (i.u.): 0IU
Vitamin A (r.e.): 0RE

Fruit:
Non-Fat Milk: 0
Fat: 1/2
Other Carbohydrates: 1/2

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 67 Calories from Fat: 30

% Daily Values*

Total Fat	3g	5%
Saturated Fat	trace	2%
Cholesterol	0mg	0%
Sodium	1032mg	43%
Total Carbohydrates	9g	3%
Dietary Fiber	trace	1%
Protein	1g	

Vitamin A	0%
Vitamin C	1%
Calcium	1%
Iron	3%

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