the center
For Naturopathic Medicine & Functional Nutrition



Teriyaki Salmon and Broccoli

Contributor:

Prep time	Total time	Meal type	Servings
10 minutes	35 minutes	Lunch, Dinner	4

Ingredients

- 4 cup broccoli, *cut into florets*
- 24 oz salmon fillets
- 1 cup teriyaki sauce, low-sodium [for marinade]
- 2 Tbs sesame oil
- 2 Tbs sesame seeds
- 1/4 tsp salt, *to taste*

Directions

Prep

1. Marinate the Salmon: Place the salmon fillets in a shallow dish or a resealable plastic bag. Pour the teriyaki sauce over the salmon, ensuring each fillet is well coated. Let it marinate in the refrigerator for about 10 minutes.

Make

1. While the salmon is marinating, wash the broccoli florets and cut them into bite-sized pieces. Heat 1 tablespoon of sesame oil in a large pan over medium heat. Add the broccoli and a pinch of salt. Sauté the broccoli until it is crisp-tender, about 5-7 minutes, adding water as needed. Keep it warm while you cook the salmon.
2. Remove the salmon from the marinade (discard the marinade - about 25% of the marinade will be absorbed and is accounted for in the nutrition facts). Heat the remaining tablespoon of sesame oil in a skillet over medium heat. Once hot, place the salmon fillets skin-side down in the skillet. Cook the salmon for about 4-5 minutes on the skin side, until the skin is crispy.
3. Carefully flip the salmon fillets to the other side. Cover the skillet with a lid to allow the salmon to cook through, about 3-4 more minutes, depending on the thickness of the fillets.
4. Place the cooked salmon on a plate, alongside the sautéed broccoli. Sprinkle sesame seeds over the salmon for garnish.

Nutrition Facts

Nutrition Facts

Amount per serving

Calories 504

	% Daily Value*
Total Fat 30g	**39%**
Saturated Fat 5g	**27%**
Trans Fat N/A	
Cholesterol 107mg	**36%**
Sodium 634mg	**28%**
Total Carbohydrates 15g	**5%**
Dietary Fiber 6g	**20%**
Total Sugars 5g	
Protein 43g	
Vitamin D N/A	0%
Calcium 132mg	10%
Iron 3mg	14%
Potassium 1170mg	25%

Source Living Plate

Notes

Disclaimer

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each 'NA' indicates a missing or incomplete value.
Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only