

Pan Seared Miso Salmon

Yield: 4 min
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/japanese-miso-salmon-recipe>

Ingredients:

- 1 pound salmon cut in to 3 to 4 pieces
- 1 scallion chopped
- 2 tablespoons miso
- 2 tablespoons sake
- 1 tablespoon soy sauce
- 1/2 tablespoon sesame oil

Nutrition:

1. Calories: 180 calories
2. Carbohydrate: 3 grams
3. Cholesterol: 60 milligrams
4. Fat: 6 grams
5. Fiber: 1 grams
6. Protein: 24 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 620 milligrams
9. Sugar: 1 grams

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