

# Pan-Seared Salmon with Soy Mustard Glaze

Yield: 6 min  
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/pan-seared-salmon-chinese-recipe>

## Ingredients:

- 3/8 cup dark brown sugar
- 1/4 cup soy sauce
- 1/4 cup mirin Japanese sweet rice wine
- 2 tablespoons sherry vinegar
- 2 tablespoons whole grain mustard best quality such as Maille
- 2 tablespoons water
- 2 teaspoons cornstarch
- 1/4 teaspoon red pepper flakes
- 36 ounces salmon center-cut, 2 lbs, skinned if desired
- 1/2 teaspoon kosher salt
- 2 tablespoons vegetable oil for cooking

## Nutrition:

1. Calories: 320 calories
2. Carbohydrate: 16 grams
3. Cholesterol: 90 milligrams
4. Fat: 10 grams
5. Protein: 35 grams
6. SaturatedFat: 2 grams
7. Sodium: 970 milligrams
8. Sugar: 14 grams

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