

Seared Soy-Sesame Arctic Char

Yield: 1 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/russian-arctic-char-recipe>

Ingredients:

- 1 tablespoon soy sauce
- 1 teaspoon honey
- 1/4 teaspoon toasted sesame oil
- 6 ounces arctic char
- ground black pepper
- coarse salt

Nutrition:

1. Calories: 390 calories
2. Carbohydrate: 7 grams
3. Cholesterol: 240 milligrams
4. Fat: 20 grams
5. Protein: 43 grams
6. SaturatedFat: 3.5 grams
7. Sodium: 2530 milligrams
8. Sugar: 6 grams

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