



 **100%**
HEALTH SCORE

Baked Salmon with Blackberry Ginger Glaze

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



40 min.

SERVINGS



4

CALORIES



440 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 12 ounces blackberries
- 1 inch ginger peeled sliced into coins
- 0.5 juice of lemon
- 1 tablespoon olive oil
- 32 ounce salmon fillet skinless
- 4 servings salt and pepper black freshly ground
- 0.3 cup sugar
- 1 cup water

Equipment

- bowl
- baking sheet
- oven
- pot

Directions

- Watch how to make this recipe.
- Preheat oven to 400 degrees F.
- In a small saucepot over medium-high heat, combine water, blackberries, ginger and lemon juice. Bring to a boil, reduce to a simmer and cook until berries break down, about 5 minutes.
- Remove from heat and strain into a bowl, using the back of a spoon to push blackberry pulp through. Return blackberry mixture to the sauce pot, add sugar and bring to a boil. Lower the heat and simmer until reduced by half, about 20 minutes, stirring occasionally to avoid burning.
- Remove from heat and let cool.
- Brush a baking sheet with olive oil and set fillets on top.
- Brush fillets with oil and season with salt and pepper. Once blackberry mixture is cool, brush over salmon fillets and bake for 4 minutes.
- Brush again with blackberry mixture. Turn oven to broil and broil another 3 minutes.

Nutrition Facts

 PROTEIN **42.49%**  FAT **37.97%**  CARBS **19.54%**

Properties

Glycemic Index:35.52, Glycemic Load:9.7, Inflammation Score:-7, Nutrition Score:35.293913011966%

Flavonoids

Cyanidin: 85.01mg, Cyanidin: 85.01mg, Cyanidin: 85.01mg, Cyanidin: 85.01mg Pelargonidin: 0.38mg, Pelargonidin: 0.38mg, Pelargonidin: 0.38mg, Pelargonidin: 0.38mg Peonidin: 0.18mg, Peonidin: 0.18mg, Peonidin: 0.18mg, Peonidin: 0.18mg Catechin: 31.52mg, Catechin: 31.52mg, Catechin: 31.52mg, Catechin: 31.52mg Epigallocatechin:

0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 3.96mg, Epicatechin: 3.96mg, Epicatechin: 3.96mg, Epicatechin: 3.96mg Epigallocatechin 3-gallate: 0.58mg, Epigallocatechin 3-gallate: 0.58mg, Epigallocatechin 3-gallate: 0.58mg, Epigallocatechin 3-gallate: 0.58mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg Quercetin: 3.06mg, Quercetin: 3.06mg, Quercetin: 3.06mg, Quercetin: 3.06mg

Nutrients (% of daily need)

Calories: 440.16kcal (22.01%), Fat: 18.36g (28.25%), Saturated Fat: 2.73g (17.04%), Carbohydrates: 21.26g (7.09%), Net Carbohydrates: 16.68g (6.06%), Sugar: 16.75g (18.61%), Cholesterol: 124.74mg (41.58%), Sodium: 104.08mg (4.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 46.23g (92.47%), Vitamin B12: 7.21µg (120.2%), Selenium: 83.22µg (118.88%), Vitamin B6: 1.89mg (94.28%), Vitamin B3: 18.39mg (91.97%), Vitamin B2: 0.89mg (52.21%), Phosphorus: 473.36mg (47.34%), Vitamin B5: 4.02mg (40.18%), Copper: 0.72mg (36.18%), Potassium: 1261.82mg (36.05%), Vitamin B1: 0.53mg (35.4%), Manganese: 0.6mg (30.17%), Vitamin C: 19.4mg (23.51%), Magnesium: 84.52mg (21.13%), Folate: 78.92µg (19.73%), Fiber: 4.58g (18.32%), Vitamin K: 19.11µg (18.2%), Iron: 2.39mg (13.28%), Zinc: 1.92mg (12.79%), Vitamin E: 1.51mg (10.07%), Calcium: 54.76mg (5.48%), Vitamin A: 273.49IU (5.47%)