

health-score 89%

HEALTH SCORE

# Balsamic-Glazed Salmon

☒ Gluten Free ☒ Dairy Free ☒ Very Healthy

READY IN

ready

60 min.

SERVINGS

servings

4

CALORIES

calories

508 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 0.8 cup balsamic vinegar
- ☐ 1 tablespoon dijon mustard
- ☐ 12 ounces edamame frozen shelled thawed
- ☐ 1 clove garlic peeled smashed chopped
- ☐ 2 cloves garlic peeled smashed chopped
- ☐ 4 servings kosher salt and pepper freshly ground
- ☐ 2 tablespoons maple syrup
- ☐ 2 tablespoons olive oil

- ☐ 24 ounce center-cut salmon fillets
- ☐ 2 small shallots thinly sliced
- ☐ 6 ounces sugar snap peas halved

## Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ oven

## Directions

- ☐ For the glaze: In a small saucepan, bring the vinegar, maple syrup, mustard and garlic to a boil over medium heat. Reduce the heat to a simmer and cook until thick, about 12 minutes. Set aside to cool for 5 minutes.
- ☐ For the salmon: Position a rack in the center of the oven and preheat the oven to 400 degrees F. Line a small baking sheet with parchment paper. Arrange the salmon on the baking sheet.
- ☐ Drizzle both sides of the salmon with the olive oil and season with 1 teaspoon salt and 1/2 teaspoon pepper. Roast until the salmon is cooked through and flakes easily with a fork, 8 to 10 minutes. Set aside to cool for 10 minutes.
- ☐ For the vegetables: In a medium skillet, heat the olive oil over medium-high heat.
- ☐ Add the shallots, 1 teaspoon salt and 1/4 teaspoon pepper, and cook until the shallots are softened, about 3 minutes.
- ☐ Add the garlic and cook until aromatic, about 30 seconds.
- ☐ Add the edamame and snap peas and cook until warmed through, about 3 minutes. Season with salt and pepper.
- ☐ Divide the vegetable mixture among 4 serving plates. Top with a piece of salmon and drizzle with the glaze.

## Nutrition Facts



 PROTEIN **35.52%**  FAT **38.04%**  CARBS **26.44%**

Properties

Glycemic Index:52.13, Glycemic Load:7.26, Inflammation Score:-7, Nutrition Score:32.261304440706%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 508.43kcal (25.42%), Fat: 20.86g (32.09%), Saturated Fat: 2.66g (16.66%), Carbohydrates: 32.62g (10.87%), Net Carbohydrates: 27.47g (9.99%), Sugar: 18.2g (20.22%), Cholesterol: 93.55mg (31.18%), Sodium: 325.5mg (14.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.83g (87.67%), Selenium: 64.13µg (91.61%), Vitamin B12: 5.41µg (90.15%), Vitamin B6: 1.53mg (76.65%), Vitamin B3: 13.69mg (68.47%), Vitamin B2: 0.81mg (47.93%), Potassium: 1434.95mg (41%), Phosphorus: 386.81mg (38.68%), Vitamin C: 27.23mg (33.01%), Vitamin B5: 3.21mg (32.1%), Vitamin B1: 0.47mg (31.59%), Iron: 5.19mg (28.81%), Manganese: 0.51mg (25.69%), Copper: 0.49mg (24.6%), Fiber: 5.16g (20.63%), Magnesium: 72.36mg (18.09%), Folate: 64.96µg (16.24%), Calcium: 143.86mg (14.39%), Vitamin K: 15.04µg (14.32%), Vitamin A: 533.64IU (10.67%), Zinc: 1.41mg (9.42%), Vitamin E: 1.19mg (7.96%)