



Balsamic-Honey Glazed Salmon

 Gluten Free

READY IN



20 min.

SERVINGS



20

CALORIES



29 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup baby carrots
- 2 Tbsp balsamic vinaigrette dressing kraft
- 1 Tbsp basil fresh chopped
- 1 Tbsp honey
- 0.5 tsp olive oil
- 1 Tbsp parmesan cheese grated kraft
- 0.5 lb skin-on salmon fillets
- 1 small zucchini cut into matchlike sticks

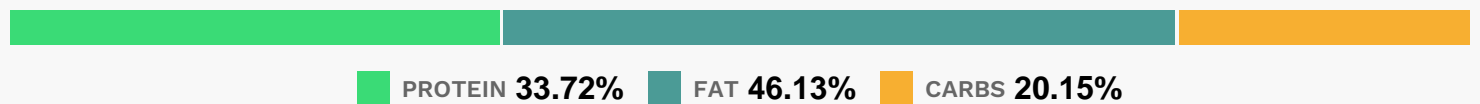
Equipment

frying pan

Directions

- Heat oil in large nonstick skillet on medium-high heat.
- Add vegetables; cook 2 min., stirring occasionally. Spoon vegetables to one side of skillet.
- Add fish, flesh sides down, to other side of skillet; cover. Cook on medium heat 4 min. on each side or until fish flakes easily with fork.
- Transfer fish and vegetables to plate; cover to keep warm.
- Add dressing and honey to skillet; cook and stir 30 sec. or until heated through.
- Pour dressing mixture over fish. Top vegetables with cheese and basil.

Nutrition Facts



Properties

Glycemic Index:6.86, Glycemic Load:0.47, Inflammation Score:-3, Nutrition Score:2.4269565218331%

Flavonoids

Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 29.04kcal (1.45%), Fat: 1.48g (2.27%), Saturated Fat: 0.22g (1.38%), Carbohydrates: 1.45g (0.48%), Net Carbohydrates: 1.29g (0.47%), Sugar: 1.21g (1.35%), Cholesterol: 6.45mg (2.15%), Sodium: 25.89mg (1.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.43g (4.86%), Vitamin A: 476.39IU (9.53%), Selenium: 4.28µg (6.11%), Vitamin B12: 0.36µg (6.07%), Vitamin B6: 0.11mg (5.33%), Vitamin B3: 0.94mg (4.7%), Vitamin B2: 0.05mg (3.02%), Phosphorus: 27.62mg (2.76%), Potassium: 80.48mg (2.3%), Vitamin B5: 0.22mg (2.16%), Vitamin B1: 0.03mg (1.96%), Vitamin K: 1.93µg (1.84%), Copper: 0.04mg (1.82%), Vitamin C: 1.2mg (1.46%), Folate: 5.37µg (1.34%), Magnesium: 4.98mg (1.25%), Manganese: 0.02mg (1.09%)