



 **82%**
HEALTH SCORE

Balsamic & Honey Glazed Salmon with Lemony Asparagus

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

READY IN



60 min.

SERVINGS



2

CALORIES



301 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons apple cider vinegar
- 12 stalks asparagus
- 1 tablespoon balsamic vinegar
- 0.1 teaspoon dill dried
- 3 cloves garlic minced
- 1 tablespoon grapeseed oil
- 1 teaspoon herbs de provence

- 1 tablespoon honey
- 2 juice of lemon
- 1 lemon zest
- 0.5 pound salmon fillet
- 2 servings salt and pepper
- 2 tablespoons vegetable stock

Equipment

- frying pan
- oven
- whisk
- mixing bowl
- blender
- baking pan
- casserole dish

Directions

- In a small mixing bowl or blender, combine all of the ingredients for the balsamic marinade except for the lemon juice (balsamic vinegar, apple cider vinegar, 1 tbsp grapeseed oil, honey, dried dill, herbs de provence, salt and pepper).
- Whisk or blend until oil and vinegar are well incorporated and no longer separate.
- Place salmon fillet in a baking dish (I use a small casserole dish).
- Pour the marinade over the salmon and allow it to marinate for at least 15 minutes (or up to 24 hours covered in the refrigerator). Turn your oven on high broil. Just before putting the salmon in the oven, drizzle the lemon juice over the fish.
- Bake for 10 to 12 minutes on the top rack or until salmon is glazed, browned and sizzling. While the salmon is baking, prepare the asparagus. Wash the asparagus and cut off the bottom inch and a half of each stalk and discard.
- Spread the asparagus on in a large skillet.

- Drizzle the grapeseed oil over the asparagus and spread the oil on the asparagus with your hands so that all stalks are completely coated.
- Sprinkle asparagus with desired amount of salt and pepper.
- Saute over medium heat for 5 minutes.
- Add the two tablespoons of vegetable stock and cover the skillet.
- Saute 4 minutes.
- Remove lid and add the minced garlic.
- Place cover back over the asparagus. Continue cooking an additional 3 to 5 minutes until asparagus is cooked but not too soft. Grate lemon zest over the top of the asparagus.

Nutrition Facts



Properties

Glycemic Index:151.64, Glycemic Load:6.3, Inflammation Score:-7, Nutrition Score:26.183913043478%

Flavonoids

Eriodictyol: 1.46mg, Eriodictyol: 1.46mg, Eriodictyol: 1.46mg, Eriodictyol: 1.46mg Hesperetin: 4.34mg, Hesperetin: 4.34mg, Hesperetin: 4.34mg, Hesperetin: 4.34mg Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg Isorhamnetin: 5.47mg, Isorhamnetin: 5.47mg, Isorhamnetin: 5.47mg, Isorhamnetin: 5.47mg Kaempferol: 1.35mg, Kaempferol: 1.35mg, Kaempferol: 1.35mg, Kaempferol: 1.35mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 13.61mg, Quercetin: 13.61mg, Quercetin: 13.61mg, Quercetin: 13.61mg

Taste

Sweetness: 42.38%, Saltiness: 100%, Sourness: 75.09%, Bitterness: 45.21%, Savoriness: 75.89%, Fattiness: 61.38%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 301.22kcal (15.06%), Fat: 14.45g (22.23%), Saturated Fat: 1.85g (11.59%), Carbohydrates: 18.46g (6.15%), Net Carbohydrates: 15.73g (5.72%), Sugar: 12.74g (14.16%), Cholesterol: 62.37mg (20.79%), Sodium: 310.27mg (13.49%), Protein: 25.18g (50.35%), Selenium: 44.41µg (63.44%), Vitamin B12: 3.61µg (60.1%), Vitamin B6: 1.1mg (54.8%), Vitamin B3: 9.96mg (49.81%), Vitamin K: 48.59µg (46.27%), Vitamin B2: 0.58mg (34.37%), Phosphorus: 290.85mg (29.08%), Vitamin B1: 0.41mg (27.63%), Vitamin C: 22.59mg (27.39%), Copper: 0.5mg (24.89%), Potassium: 834.86mg (23.85%), Vitamin B5: 2.23mg (22.33%), Folate: 86.37µg (21.59%), Iron: 3.87mg (21.49%), Vitamin E: 3.19mg (21.3%), Manganese: 0.35mg (17.36%), Vitamin A: 829.43IU (16.59%), Magnesium: 53.01mg

(13.25%), Fiber: 2.73g (10.93%), Zinc: 1.39mg (9.25%), Calcium: 65.14mg (6.51%)