



Bourbon-Brown Sugar Salmon with Onion Sauce

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



471 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon pepper black freshly ground
- ☐ 0.5 cup bourbon
- ☐ 0.5 cup brown sugar packed
- ☐ 2 tablespoons brown sugar packed
- ☐ 0.3 cup nutlike cereal nuggets (such as Grape-Nuts)
- ☐ 2 tablespoons honey
- ☐ 1 tablespoon soya sauce low-sodium

- ☐ 3 cups onion thinly sliced
- ☐ 0.3 cup pecans chopped
- ☐ 2.3 pound salmon fillet
- ☐ 0.8 teaspoon salt
- ☐ 6 tarragon sprigs
- ☐ 4 thyme sprigs
- ☐ 0.5 cup water
- ☐ 1.5 teaspoons water

Equipment

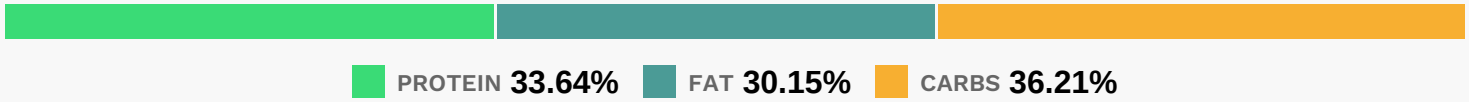
- ☐ food processor
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ broiler pan

Directions

- ☐ Place salmon in a 13 x 9-inch baking dish.
- ☐ Combine onion and the next 8 ingredients (onion through thyme); pour over salmon. Cover and marinate in refrigerator 2 hours, turning occasionally.
- ☐ Preheat oven to 35
- ☐ Place cereal and pecans in a baking pan.
- ☐ Bake at 350 for 7 minutes or until toasted.
- ☐ Place mixture in a food processor; pulse 4 times or until finely chopped.
- ☐ Remove salmon from marinade; reserve marinade. Arrange the salmon diagonally on a broiler pan coated with cooking spray.
- ☐ Sprinkle with 3/4 teaspoon salt.
- ☐ Combine 2 tablespoons of sugar, honey, and 1 1/2 teaspoons water, stirring with a whisk.

- ☐
- Spread honey mixture over salmon; sprinkle with cereal mixture, gently pressing into salmon.
- ☐
- Bake at 350 for 20 minutes or until fish flakes easily when tested with a fork.
- ☐
- While salmon bakes, place reserved marinade in a small saucepan. Discard tarragon and thyme. Bring marinade to a boil over medium-high heat; cook until reduced to 3/4 cup (about 10 minutes).
- ☐
- Serve sauce with salmon.

Nutrition Facts



Properties

Glycemic Index:53.92, Glycemic Load:6.05, Inflammation Score:-8, Nutrition Score:28.936956726986%

Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 16.24mg, Quercetin: 16.24mg, Quercetin: 16.24mg, Quercetin: 16.24mg

Nutrients (% of daily need)

Calories: 470.54kcal (23.53%), Fat: 14.28g (21.97%), Saturated Fat: 2.02g (12.62%), Carbohydrates: 38.6g (12.87%), Net Carbohydrates: 36.11g (13.13%), Sugar: 31.41g (34.9%), Cholesterol: 93.55mg (31.18%), Sodium: 485.26mg (21.1%), Alcohol: 6.68g (100%), Alcohol %: 2.55% (100%), Protein: 35.85g (71.7%), Vitamin B12: 5.52µg (92%), Selenium: 64.22µg (91.75%), Vitamin B6: 1.58mg (78.87%), Vitamin B3: 14.06mg (70.29%), Vitamin B2: 0.73mg (43.06%), Phosphorus: 396.72mg (39.67%), Vitamin B1: 0.49mg (32.37%), Vitamin B5: 3.04mg (30.37%), Potassium: 1062.62mg (30.36%), Manganese: 0.58mg (29.16%), Copper: 0.56mg (27.95%), Folate: 78.18µg (19.54%), Magnesium: 77.23mg (19.31%), Iron: 2.97mg (16.51%), Zinc: 1.65mg (11%), Fiber: 2.49g (9.95%), Vitamin C: 7.57mg (9.18%), Calcium: 79.1mg (7.91%), Vitamin A: 203.23IU (4.06%), Vitamin K: 1.06µg (1.01%)