

health-score 78%

HEALTH SCORE

Broiled Salmon with Herb Mustard Glaze

☒ Gluten Free ☒ Dairy Free ☒ Very Healthy

READY IN

ready

19 min.

SERVINGS

servings

6

CALORIES

calories

278 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons dijon mustard
- ☐ 1 tablespoon cooking wine dry white
- ☐ 0.8 teaspoon rosemary leaves fresh finely chopped
- ☐ 0.8 teaspoon thyme leaves fresh finely chopped
- ☐ 2 garlic cloves
- ☐ 6 lemon wedges
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 36 ounce salmon fillet

- ☐ 6 servings salt and pepper black freshly ground
- ☐ 2 tablespoons whole-grain mustard

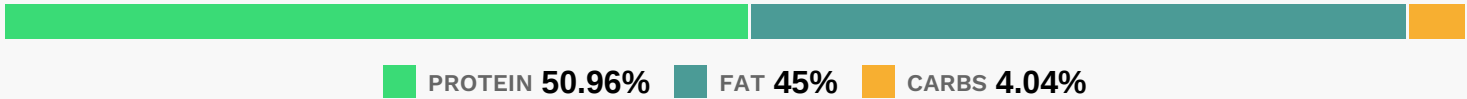
Equipment

- ☐ bowl

Directions

- ☐ Watch how to make this recipe.
- ☐ Recommended Wine: 2001 Pecchenino Origin: Alba, Piedmont Grape: Dolcetto Wine notes: Using white wine for fish and red wine for meat no longer applies. Break with tradition. Italy produces many interesting reds, so for this dish I chose a classic Italian wine made from the dolcetto grape. This lighter bodied red will marry well with my salmon dish which has a rich and silky texture. The delicacy of the herbs in my mustard glaze goes nicely with the fruity nature of the wine. My rule for pairing wine with dishes is to go with what tastes good. Wine
- ☐ Pouring Notes: Do not fill above the curve of the bowl, never more than 1/2 full, that way you can get a true sense of the wine's aroma and a better sense of its bouquet. To get the full experience of the wine, place your nose into the glass and take in the wine's beautiful aroma.

Nutrition Facts



Properties

Glycemic Index:35.25, Glycemic Load:0.46, Inflammation Score:-6, Nutrition Score:25.037826486256%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg Hesperetin: 5.03mg, Hesperetin: 5.03mg, Hesperetin: 5.03mg, Hesperetin: 5.03mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 277.54kcal (13.88%), Fat: 13.52g (20.8%), Saturated Fat: 2.03g (12.67%), Carbohydrates: 2.73g (0.91%), Net Carbohydrates: 1.71g (0.62%), Sugar: 0.63g (0.7%), Cholesterol: 93.55mg (31.18%), Sodium: 185.59mg (8.07%), Alcohol: 0.26g (100%), Alcohol %: 0.16% (100%), Protein: 34.46g (68.92%), Selenium: 65.71µg (93.87%), Vitamin B12: 5.41µg (90.15%), Vitamin B6: 1.43mg (71.38%), Vitamin B3: 13.46mg (67.3%), Vitamin B2: 0.66mg (38.79%), Phosphorus: 356.29mg (35.63%), Vitamin B5: 2.9mg (29.04%), Vitamin B1: 0.41mg (27.53%), Potassium: 882.06mg (25.2%), Copper: 0.45mg (22.26%), Magnesium: 56.65mg (14.16%), Vitamin C: 10.3mg (12.48%), Folate: 45.4µg (11.35%), Iron: 1.72mg (9.55%), Zinc: 1.18mg (7.89%), Manganese: 0.11mg (5.56%), Fiber: 1.02g (4.07%), Calcium: 34.95mg (3.49%), Vitamin E: 0.4mg (2.67%), Vitamin A: 91.98IU (1.84%), Vitamin K: 1.75µg (1.66%)