

Candied Salmon

 Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



407 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup brown sugar
- 0.3 cup butter
- 1 clove garlic minced
- 3 large onions thinly sliced
- 24 ounce salmon fillet
- 1 cup vinegar white

Equipment

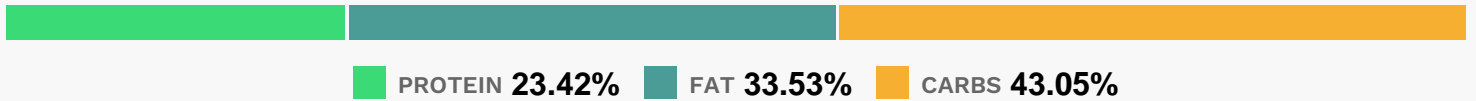
- frying pan

- baking sheet
- sauce pan
- oven
- aluminum foil

Directions

- Preheat the oven to 350 degrees F (175 degrees C). Line a baking sheet with aluminum foil, and grease the foil with cooking spray.
- Combine the onions, vinegar and brown sugar in a saucepan over medium heat. Cook, stirring occasionally until the sauce begins to caramelize, about 15 minutes.
- Melt butter with garlic in a small skillet over medium heat.
- Lay salmon fillets on the prepared baking sheet, and brush with garlic butter.
- Pour the onion mixture over the fillets.
- Bake for 20 to 25 minutes in the preheated oven, until the fish flakes easily. Cooking time may vary with the thickness of your fillets.

Nutrition Facts



Properties

Glycemic Index:26.17, Glycemic Load:1.6, Inflammation Score:-6, Nutrition Score:18.195217435775%

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 Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 15.23mg, Quercetin: 15.23mg, Quercetin: 15.23mg, Quercetin: 15.23mg

Nutrients (% of daily need)

Calories: 406.57kcal (20.33%), Fat: 14.94g (22.98%), Saturated Fat: 6.01g (37.54%), Carbohydrates: 43.16g (14.39%), Net Carbohydrates: 41.88g (15.23%), Sugar: 38.77g (43.08%), Cholesterol: 82.7mg (27.57%), Sodium: 124.91mg (5.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.48g (46.96%), Selenium: 42.58µg (60.83%), Vitamin B12: 3.62µg (60.37%), Vitamin B6: 1.04mg (51.96%), Vitamin B3: 9.05mg (45.24%), Vitamin B2:

0.45mg (26.76%), Phosphorus: 254.75mg (25.47%), Potassium: 719.04mg (20.54%), Vitamin B5: 2.04mg (20.41%),
Vitamin B1: 0.29mg (19.48%), Copper: 0.33mg (16.7%), Magnesium: 44.42mg (11.11%), Folate: 43.26µg (10.82%),
Manganese: 0.17mg (8.5%), Iron: 1.35mg (7.49%), Vitamin C: 5.71mg (6.92%), Calcium: 67.02mg (6.7%), Zinc:
0.88mg (5.89%), Vitamin A: 283.27IU (5.67%), Fiber: 1.29g (5.14%), Vitamin E: 0.23mg (1.57%)