



Chile-Glazed Salmon with Orange Salsa



Gluten Free



Dairy Free

READY IN



1500 min.

SERVINGS



8

CALORIES



145 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 2 tablespoons peppercorns whole black crushed
- ☐ 1 cup chile glaze
- ☐ 2 tablespoons fennel seeds
- ☐ 0.5 cup cilantro leaves fresh coarsely chopped
- ☐ 1 small jalapeño chile fresh seeded finely chopped
- ☐ 0.3 cup olive oil
- ☐ 4 oranges

- ☐ 0.5 small onion red thinly sliced
- ☐ 0.3 cup red-wine vinegar
- ☐ 6 oz salmon fillet with skin (3 lb total)
- ☐ 1 teaspoon salt

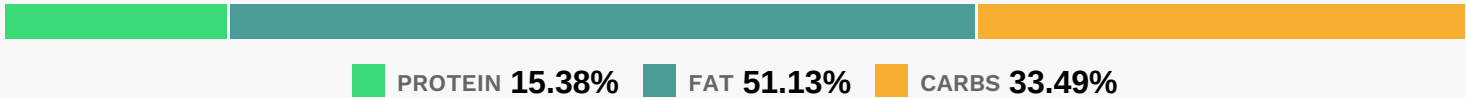
Equipment

- ☐ bowl
- ☐ knife
- ☐ broiler
- ☐ broiler pan

Directions

- ☐ Cut peel and any white pith from oranges with a sharp knife, then cut sections free from membranes, letting them drop into a bowl. Stir in remaining salsa ingredients.
- ☐ Preheat broiler.
- ☐ Season salmon with salt on all sides. Arrange on rack of a broiler pan, skin sides down, and broil about 4 inches from heat 4 minutes. Spoon glaze on top and spread onto sides, then sprinkle with fennel seeds and cracked pepper. Broil until glaze is bubbly and fish is just cooked through, 2 to 3 minutes more.
- ☐ Serve salmon with salsa.

Nutrition Facts



Properties

Glycemic Index:30.31, Glycemic Load:3.72, Inflammation Score:-6, Nutrition Score:12.14086944124%

Flavonoids

Hesperetin: 17.85mg, Hesperetin: 17.85mg, Hesperetin: 17.85mg, Hesperetin: 17.85mg Naringenin: 10.03mg, Naringenin: 10.03mg, Naringenin: 10.03mg, Naringenin: 10.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.13mg, Kaempferol:

0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 2.31mg, Quercetin: 2.31mg, Quercetin: 2.31mg, Quercetin: 2.31mg

Nutrients (% of daily need)

Calories: 144.82kcal (7.24%), Fat: 8.59g (13.21%), Saturated Fat: 1.21g (7.54%), Carbohydrates: 12.66g (4.22%), Net Carbohydrates: 9.35g (3.4%), Sugar: 7.51g (8.34%), Cholesterol: 11.69mg (3.9%), Sodium: 305.09mg (13.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.81g (11.62%), Vitamin C: 65mg (78.78%), Manganese: 0.51mg (25.33%), Vitamin B6: 0.34mg (16.99%), Vitamin K: 14.44µg (13.75%), Fiber: 3.31g (13.23%), Selenium: 8.36µg (11.95%), Vitamin B12: 0.68µg (11.27%), Vitamin B3: 2.25mg (11.26%), Potassium: 366.04mg (10.46%), Vitamin E: 1.34mg (8.9%), Vitamin B1: 0.13mg (8.8%), Vitamin A: 437.25IU (8.74%), Copper: 0.16mg (8.22%), Vitamin B2: 0.14mg (8.11%), Folate: 32.12µg (8.03%), Phosphorus: 74.74mg (7.47%), Magnesium: 28.81mg (7.2%), Calcium: 64.1mg (6.41%), Vitamin B5: 0.61mg (6.12%), Iron: 1.07mg (5.96%), Zinc: 0.34mg (2.26%)