

food
network



HEALTH SCORE

89%

Citrus Balsamic Glazed Salmon



Gluten Free



Dairy Free



Very Healthy

READY IN



25 min.

SERVINGS



4

CALORIES



617 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons balsamic vinegar
- ☐ 1 tablespoon brown sugar
- ☐ 14 ounce seasoned chicken broth canned
- ☐ 1.5 tablespoons cornstarch
- ☐ 3 tablespoons olive oil
- ☐ 1 tablespoon orange juice
- ☐ 8 fillet salmon
- ☐ 4 servings salt and pepper

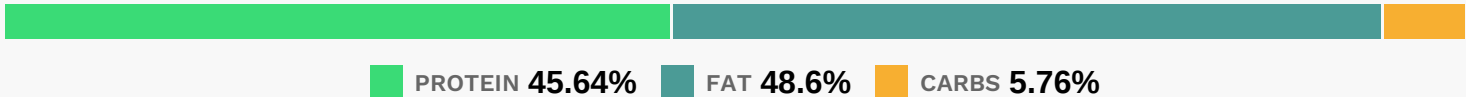
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F.
- ☐ Rub salmon with salt and pepper.
- ☐ Place salmon in 2-quart shallow baking dish.
- ☐ Drizzle with olive oil.
- ☐ Bake for 15 minutes or until fish flakes easily with fork.
- ☐ Whisk balsamic vinegar, cornstarch, orange juice and brown sugar in medium saucepan.
- ☐ Add chicken broth and heat to a boil. Reduce heat to a simmer, stirring until the mixture thickens. Arrange salmon on serving platter and serve with sauce.
- ☐ Serve over hot white rice, if desired.

Nutrition Facts



Properties

Glycemic Index:25.5, Glycemic Load:1.25, Inflammation Score:-6, Nutrition Score:37.491304206459%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 616.88kcal (30.84%), Fat: 32.27g (49.65%), Saturated Fat: 4.8g (29.99%), Carbohydrates: 8.6g (2.87%), Net Carbohydrates: 8.57g (3.12%), Sugar: 5.49g (6.1%), Cholesterol: 188.98mg (62.99%), Sodium: 715.63mg (31.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 68.19g (136.38%), Vitamin B12: 10.83µg (180.53%), Selenium: 124.62µg (178.03%), Vitamin B6: 2.78mg (139.21%), Vitamin B3: 26.96mg (134.81%), Vitamin B2: 1.35mg (79.52%), Phosphorus: 687.48mg (68.75%), Vitamin B5: 5.68mg (56.79%), Vitamin B1: 0.79mg (52.87%), Potassium: 1710.03mg (48.86%), Copper: 0.87mg (43.65%), Magnesium: 101.86mg (25.47%), Folate: 86.31µg (21.58%), Iron: 2.98mg (16.56%), Zinc: 2.26mg (15.07%), Vitamin E: 1.55mg (10.36%), Manganese: 0.12mg (6.02%), Vitamin K: 6.33µg (6.02%), Calcium: 51.25mg (5.13%), Vitamin A: 146.48IU (2.93%), Vitamin C: 2.13mg (2.58%)