



Cranberry-Glazed Salmon



Gluten Free



Dairy Free



Very Healthy

READY IN



20 min.

SERVINGS



4

CALORIES



256 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 0.5 teaspoon mustard dry
- ☐ 2 teaspoons soya sauce low-sodium
- ☐ 0.7 cup cranberry chutney
- ☐ 2 tablespoons orange juice fresh
- ☐ 1 teaspoon orange rind fresh grated
- ☐ 24 ounce salmon fillet
- ☐ 0.5 teaspoon salt

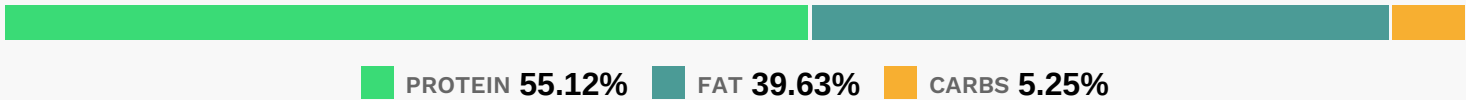
Equipment

- ☐ bowl
- ☐ broiler
- ☐ broiler pan

Directions

- ☐ Preheat broiler.
- ☐ Combine first 5 ingredients in a small bowl, stirring well.
- ☐ Place fish, skin sides down, on a broiler pan coated with cooking spray.
- ☐ Sprinkle fish with salt and pepper.
- ☐ Spread cranberry mixture evenly over fish. Broil 10 minutes or until fish flakes easily when tested with a fork.

Nutrition Facts



Properties

Glycemic Index:32.25, Glycemic Load:1.09, Inflammation Score:-4, Nutrition Score:24.335652281409%

Flavonoids

Cyanidin: 7.74mg, Cyanidin: 7.74mg, Cyanidin: 7.74mg, Cyanidin: 7.74mg Delphinidin: 1.28mg, Delphinidin: 1.28mg, Delphinidin: 1.28mg, Delphinidin: 1.28mg Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg Peonidin: 8.19mg, Peonidin: 8.19mg, Peonidin: 8.19mg, Peonidin: 8.19mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.73mg, Epicatechin: 0.73mg, Epicatechin: 0.73mg, Epicatechin: 0.73mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 1.02mg, Hesperetin: 1.02mg, Hesperetin: 1.02mg, Hesperetin: 1.02mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 1.11mg, Myricetin: 1.11mg, Myricetin: 1.11mg, Myricetin: 1.11mg Quercetin: 2.49mg, Quercetin: 2.49mg, Quercetin: 2.49mg, Quercetin: 2.49mg

Nutrients (% of daily need)

Calories: 256.37kcal (12.82%), Fat: 10.92g (16.81%), Saturated Fat: 1.68g (10.49%), Carbohydrates: 3.26g (1.09%), Net Carbohydrates: 2.53g (0.92%), Sugar: 1.46g (1.62%), Cholesterol: 93.55mg (31.18%), Sodium: 456.01mg (19.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.19g (68.38%), Vitamin B12: 5.41µg (90.15%), Selenium: 62.65µg (89.5%), Vitamin B6: 1.41mg (70.52%), Vitamin B3: 13.47mg (67.33%), Vitamin B2: 0.66mg (38.79%), Phosphorus: 349.9mg (34.99%), Vitamin B5: 2.91mg (29.09%), Vitamin B1: 0.4mg (26.52%), Potassium: 876.4mg (25.04%), Copper: 0.44mg (22.13%), Magnesium: 54.14mg (13.53%), Folate: 46.91µg (11.73%), Vitamin C: 7.28mg (8.83%), Iron: 1.49mg (8.25%), Zinc: 1.15mg (7.64%), Manganese: 0.11mg (5.69%), Fiber: 0.73g (2.94%), Calcium: 25.36mg (2.54%), Vitamin A: 97.56IU (1.95%), Vitamin E: 0.25mg (1.65%)