



Crispy Orange-glazed Salmon



Gluten Free



Dairy Free

READY IN



24 min.

SERVINGS



4

CALORIES



387 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings rice hot cooked
- ☐ 1 inch ginger fresh grated
- ☐ 2 tablespoons honey
- ☐ 2 tablespoons olive oil divided
- ☐ 0.7 cup orange juice
- ☐ 4 servings pepper freshly ground to taste
- ☐ 1 teaspoon pepper red crushed
- ☐ 3 tablespoons rice vinegar

- ☐ 16 ounce salmon fillet
- ☐ 4 servings salt to taste
- ☐ 2 tablespoons soya sauce
- ☐ 4 servings cilantro leaves fresh
- ☐ 1 small thai chile red thinly sliced

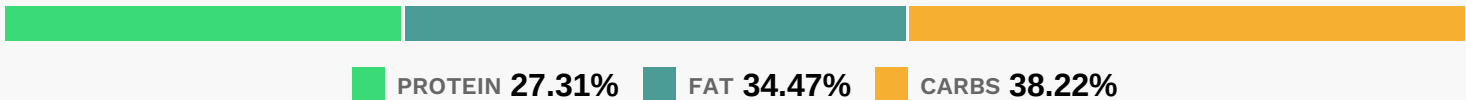
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ glass baking pan

Directions

- ☐ Stir together first 6 ingredients in a glass baking dish or shallow bowl.
- ☐ Add salmon, and drizzle with 1 tablespoon olive oil, turning to coat evenly. Marinate at least 30 minutes.
- ☐ Remove salmon, reserving marinade, and season with salt and pepper.
- ☐ Heat a large nonstick skillet over medium-high heat, and add remaining 1 tablespoon olive oil. Cook salmon 3 to 4 minutes per side or until fish begins to flake with fork; remove from pan.
- ☐ Pour reserved marinade into skillet, and add honey.
- ☐ Heat about 3 minutes or until syrupy.
- ☐ Serve salmon warm over a mound of rice, topped with sauce.
- ☐ Garnish, if desired.
- ☐ *Edamame is available in the freezer section of most supermarkets.

Nutrition Facts



Properties

Glycemic Index:89.32, Glycemic Load:30.74, Inflammation Score:-5, Nutrition Score:21.269565095072%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 4.94mg, Hesperetin: 4.94mg, Hesperetin: 4.94mg, Hesperetin: 4.94mg Naringenin: 0.88mg, Naringenin: 0.88mg, Naringenin: 0.88mg, Naringenin: 0.88mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 387.07kcal (19.35%), Fat: 14.59g (22.45%), Saturated Fat: 2.17g (13.55%), Carbohydrates: 36.41g (12.14%), Net Carbohydrates: 35.67g (12.97%), Sugar: 12.4g (13.77%), Cholesterol: 62.37mg (20.79%), Sodium: 756.97mg (32.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.02g (52.03%), Selenium: 47.7µg (68.14%), Vitamin B12: 3.61µg (60.1%), Vitamin B6: 1.05mg (52.7%), Vitamin B3: 9.84mg (49.22%), Phosphorus: 283.04mg (28.3%), Vitamin B2: 0.48mg (28.09%), Vitamin C: 22.66mg (27.46%), Manganese: 0.48mg (24.23%), Vitamin B5: 2.33mg (23.25%), Vitamin B1: 0.32mg (21.14%), Potassium: 712.27mg (20.35%), Copper: 0.38mg (19.24%), Magnesium: 52.73mg (13.18%), Folate: 45.53µg (11.38%), Iron: 1.57mg (8.71%), Vitamin E: 1.26mg (8.4%), Zinc: 1.23mg (8.19%), Vitamin A: 292.41IU (5.85%), Vitamin K: 5.37µg (5.11%), Calcium: 31.97mg (3.2%), Fiber: 0.74g (2.96%)