



 **59%**
HEALTH SCORE

Glazed Salmon with Braised Fennel

 **Gluten Free**  **Very Healthy**

READY IN



35 min.

SERVINGS



4

CALORIES



740 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup apple cider
- 3 tablespoons brown sugar
- 4 tablespoons butter
- 1 teaspoon cayenne pepper
- 1 cup chicken stock see
- 4 bulbs fennel cut into wedge
- 4 servings grapeseed oil
- 0.3 cup parsley leaves chopped

- 32 ounce salmon fillet boneless skinless
- 4 servings salt and freshly cracked pepper black
- 3 tablespoons sugar
- 2 sprigs thyme leaves

Equipment

- frying pan
- sauce pan
- oven
- dutch oven

Directions

- Watch how to make this recipe.
- Preheat the oven to 425 degrees F.
- In a large Dutch oven over medium-high heat, add the butter.
- Add the fennel and sugar and cook for 3 to 4 minutes until the fennel caramelizes.
- Add the cider, stock and thyme. Cook until the fennel is tender and liquid is reduced, about 10 minutes Season the fennel with salt and pepper, to taste.
- Add the parsley and mix well.
- Remove from the heat and cover.
- In a small saucepan, add the cider, cayenne and brown sugar and cook over medium heat until 1/2 cup of liquid remains. Set aside.
- In a large saute pan over medium-high heat, add the oil. Season the salmon fillets with salt and pepper, to taste, and sear for 4 minutes in the hot oil.
- Remove from the pan and put, seared side up, on a quarter sheet tray with a rack. Spoon the glaze over the top of each fillet and bake until cooked through, about 4 minutes.
- Remove from the oven to a serving platter and serve with the braised fennel alongside.

Nutrition Facts



■ PROTEIN 26.67% ■ FAT 49.59% ■ CARBS 23.74%

Properties

Glycemic Index:92.21, Glycemic Load:13.49, Inflammation Score:-9, Nutrition Score:47.243043526359%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg Epicatechin: 2.78mg, Epicatechin: 2.78mg, Epicatechin: 2.78mg, Epicatechin: 2.78mg Eriodictyol: 2.53mg, Eriodictyol: 2.53mg, Eriodictyol: 2.53mg, Eriodictyol: 2.53mg Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg

Nutrients (% of daily need)

Calories: 739.77kcal (36.99%), Fat: 41.15g (63.31%), Saturated Fat: 11.2g (70.03%), Carbohydrates: 44.31g (14.77%), Net Carbohydrates: 36.61g (13.31%), Sugar: 33.62g (37.36%), Cholesterol: 156.64mg (52.21%), Sodium: 598.35mg (26.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 49.8g (99.6%), Vitamin K: 209.95µg (199.96%), Selenium: 86.15µg (123.07%), Vitamin B12: 7.24µg (120.6%), Vitamin B3: 20.43mg (102.16%), Vitamin B6: 2.03mg (101.69%), Potassium: 2252.09mg (64.35%), Phosphorus: 598.81mg (59.88%), Vitamin B2: 1.01mg (59.7%), Vitamin B5: 4.39mg (43.9%), Vitamin C: 34.9mg (42.3%), Vitamin E: 5.92mg (39.43%), Copper: 0.78mg (38.81%), Vitamin B1: 0.58mg (38.34%), Folate: 129.84µg (32.46%), Fiber: 7.7g (30.81%), Magnesium: 115.43mg (28.86%), Manganese: 0.56mg (27.91%), Vitamin A: 1304.23IU (26.08%), Iron: 4.15mg (23.06%), Calcium: 167.38mg (16.74%), Zinc: 2.09mg (13.96%)