



 **87%**
HEALTH SCORE

Glazed Salmon with Dried Cherry Saffron Rice

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

READY IN



28 min.

SERVINGS



4

CALORIES



709 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons balsamic vinegar
- 2 tablespoons cherry preserves
- 0.3 cup cranberry juice cocktail concentrate
- 3 tablespoons cherries dried
- 2 cups rice instant (recommended: Uncle Ben's)
- 2 cups chicken stock see low-sodium (recommended: Swansons)
- 1 slices cranberry-orange relish
- 1 pinch pepper

- 1 pinch saffron threads
- 4 fillet salmon
- 1 pinch salt
- 1 teaspoon citrus herb seasoning salt-free (recommended: Spice Islands)
- 4 servings slivered almonds toasted for garnish

Equipment

- baking sheet
- sauce pan
- aluminum foil
- broiler

Directions

- Preheat broiler. Line a baking sheet with foil and place in broiler.
- In small saucepan, over medium-high heat, combine cranberry juice concentrate, cherry preserves, and balsamic vinegar. Simmer until preserves melt, about 2 to 3 minutes.
- Remove from heat and set aside.
- Meanwhile, season each salmon fillet with 1 teaspoon citrus herb seasoning.
- Remove the baking sheet from broil and spray with nonstick cooking spray.
- Place fillets skin side down on baking sheet. Broil for 6 minutes. Spoon glaze over each fillet, top each with an orange slice and broil for another 2 minutes.
- Serve glazed salmon fillets hot garnished with almonds.
- In a medium saucepan, heat chicken stock over medium-high heat to a simmer.
- Add, rice, salt, pepper and saffron.
- Bring to a boil. Stir in cherries. Cover and turn heat to low. Cook for 5 to 7 minutes until liquid is absorbed.
- Fluff with fork to distribute saffron and cherries.
- Serve hot.

Nutrition Facts



PROTEIN 25.34% FAT 16.44% CARBS 58.22%

Properties

Glycemic Index:81.42, Glycemic Load:49.1, Inflammation Score:-6, Nutrition Score:33.253478299017%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Hesperetin: 0.95mg, Hesperetin: 0.95mg, Hesperetin: 0.95mg, Hesperetin: 0.95mg Naringenin: 0.54mg, Naringenin: 0.54mg, Naringenin: 0.54mg, Naringenin: 0.54mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 708.97kcal (35.45%), Fat: 12.66g (19.48%), Saturated Fat: 2.1g (13.15%), Carbohydrates: 100.92g (33.64%), Net Carbohydrates: 97.78g (35.56%), Sugar: 18.82g (20.92%), Cholesterol: 93.5mg (31.17%), Sodium: 132.29mg (5.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.92g (87.84%), Selenium: 76.33µg (109.05%), Vitamin B12: 5.52µg (92.07%), Vitamin B3: 16.57mg (82.86%), Vitamin B6: 1.58mg (78.99%), Manganese: 1.16mg (58.04%), Phosphorus: 493.13mg (49.31%), Vitamin B2: 0.76mg (44.61%), Vitamin B5: 3.87mg (38.66%), Copper: 0.72mg (36.19%), Potassium: 1094.48mg (31.27%), Vitamin B1: 0.46mg (30.75%), Magnesium: 82.16mg (20.54%), Iron: 3.18mg (17.66%), Zinc: 2.3mg (15.36%), Folate: 55.43µg (13.86%), Fiber: 3.14g (12.56%), Vitamin C: 9.54mg (11.56%), Vitamin A: 501.44IU (10.03%), Calcium: 90.83mg (9.08%), Vitamin K: 7.79µg (7.42%), Vitamin E: 0.6mg (4.01%)