



 **82%**
HEALTH SCORE

Glazed Salmon With Fresh Ginger

 **Gluten Free**  **Dairy Free**  **Very Healthy**  **Low Fod Map**

READY IN



45 min.

SERVINGS



4

CALORIES



297 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper red crushed
- 2 tablespoons brown sugar dark
- 2 tablespoons ginger fresh grated peeled
- 2 tablespoons juice of lime fresh
- 2 teaspoons soya sauce low-sodium
- 0.3 cup orange juice concentrate thawed
- 24 ounce salmon fillet ()
- 0.1 teaspoon salt

Equipment

- bowl
- frying pan

Directions

- Combine first 7 ingredients in a small bowl, stirring well. Set aside 1/4 cup mixture.
- Coat fish with cooking spray.
- Place a large nonstick skillet over medium-high heat until hot; add fish. Spoon 2 teaspoons orange juice mixture over each fillet; cook 4 minutes. Turn fish, and spoon an additional 2 teaspoons orange juice mixture over each fillet; cook 3 to 4 minutes or until fish flakes easily when tested with a fork.
- Add reserved 1/4 cup orange juice mixture to pan; place over medium heat, scraping pan to loosen browned bits. Cook 30 seconds or until sauce is slightly thick. Spoon sauce over fish.

Nutrition Facts

PROTEIN 47.55% **FAT 33.74%** **CARBS 18.71%**

Properties

Glycemic Index:3.75, Glycemic Load:0.08, Inflammation Score:-5, Nutrition Score:26.043912954305%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 297.06kcal (14.85%), Fat: 10.89g (16.75%), Saturated Fat: 1.69g (10.57%), Carbohydrates: 13.59g (4.53%), Net Carbohydrates: 13.25g (4.82%), Sugar: 11.3g (12.55%), Cholesterol: 93.55mg (31.18%), Sodium: 243.09mg (10.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.52g (69.04%), Vitamin B12: 5.41µg (90.15%), Selenium: 62.3µg (89%), Vitamin B6: 1.46mg (72.75%), Vitamin B3: 13.65mg (68.25%), Vitamin B2: 0.69mg (40.41%), Phosphorus: 358.03mg (35.8%), Vitamin C: 28.16mg (34.14%), Vitamin B5: 2.96mg (29.63%), Vitamin B1: 0.44mg (29.15%), Potassium: 987.66mg (28.22%), Copper: 0.45mg (22.55%), Magnesium: 60.1mg (15.02%), Folate: 58.52µg (14.63%), Iron: 1.55mg (8.59%), Zinc: 1.16mg (7.75%), Vitamin A: 176.12IU (3.52%), Calcium: 34.95mg (3.5%), Manganese: 0.06mg (3.09%), Fiber: 0.34g (1.35%), Vitamin E: 0.19mg (1.27%)