



Glazed salmon with green bean & bulgur salad

 Dairy Free  Very Healthy

READY IN



25 min.

SERVINGS



2

CALORIES



632 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 140 g bulgur wheat
- ☐ 1 tbsp olive oil
- ☐ 2 fillet salmon skinless
- ☐ 6 spring onion sliced
- ☐ 0.5 juice of lemon
- ☐ 1 tbsp clear honey
- ☐ 1 juice of orange
- ☐ 200 g green beans trimmed fine

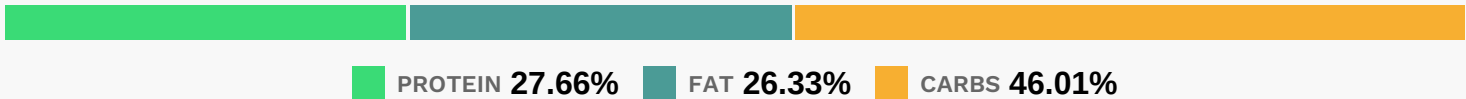
Equipment

☐ frying pan

Directions

- ☐ Cook the bulgur wheat following pack instructions.
- ☐ Heat the olive oil in a frying pan over a medium heat.
- ☐ Add the salmon fillets and cook for 3 mins on each side. Stir in the spring onions and cook for 1 min.
- ☐ Add lemon juice, honey, orange juice and zest to the pan and bubble for 1 min more to make a sauce.
- ☐ Meanwhile, boil the green beans for 4 mins or until tender.
- ☐ Drain. Stir the bulgur wheat with a fork, mixing in the green beans, lemon zest and a little of the sauce.
- ☐ Serve the salmon on a bed of bulgur and beans, with the rest of the sauce spooned over.

Nutrition Facts



Properties

Glycemic Index:114.64, Glycemic Load:27.55, Inflammation Score:-9, Nutrition Score:48.945652132449%

Flavonoids

Eriodictyol: 0.42mg, Eriodictyol: 0.42mg, Eriodictyol: 0.42mg, Eriodictyol: 0.42mg Hesperetin: 4.67mg, Hesperetin: 4.67mg, Hesperetin: 4.67mg, Hesperetin: 4.67mg Naringenin: 0.75mg, Naringenin: 0.75mg, Naringenin: 0.75mg, Naringenin: 0.75mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg, Kaempferol: 0.94mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 6.68mg, Quercetin: 6.68mg, Quercetin: 6.68mg, Quercetin: 6.68mg

Nutrients (% of daily need)

Calories: 632.27kcal (31.61%), Fat: 19.08g (29.35%), Saturated Fat: 2.87g (17.92%), Carbohydrates: 75.01g (25%), Net Carbohydrates: 58.46g (21.26%), Sugar: 15.72g (17.46%), Cholesterol: 93.5mg (31.17%), Sodium: 99.39mg (4.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 45.09g (90.18%), Manganese: 2.45mg (122.4%), Vitamin

K: 123.09µg (117.23%), Selenium: 64.6µg (92.28%), Vitamin B6: 1.81mg (90.55%), Vitamin B12: 5.41µg (90.1%), Vitamin B3: 18mg (90.02%), Fiber: 16.55g (66.2%), Phosphorus: 607.44mg (60.74%), Vitamin B2: 0.87mg (51.38%), Magnesium: 200.26mg (50.06%), Vitamin B1: 0.68mg (45.15%), Vitamin C: 36.92mg (44.76%), Potassium: 1503.61mg (42.96%), Vitamin B5: 3.89mg (38.86%), Copper: 0.78mg (38.83%), Folate: 128.15µg (32.04%), Iron: 4.79mg (26.63%), Vitamin A: 1183.67IU (23.67%), Zinc: 2.86mg (19.08%), Calcium: 112.27mg (11.23%), Vitamin E: 1.68mg (11.21%)