



 **97%**
HEALTH SCORE

Glazed Salmon With Spiced Carrots

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

READY IN



25 min.

SERVINGS



4

CALORIES



486 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons agave nectar
- 0.3 cup almonds sliced
- 1 pound carrots thinly sliced
- 1 tablespoon dijon mustard
- 0.3 cup mint leaves fresh roughly chopped
- 1 pinch ground cinnamon
- 0.5 teaspoon ground coriander
- 0.3 teaspoon ground cumin

- 4 servings kosher salt and pepper freshly ground
- 2 tablespoons juice of lime fresh for serving
- 4 tablespoons olive oil extra-virgin plus more for the pan
- 24 ounce center-cut salmon fillets thick ()

Equipment

- bowl
- frying pan
- whisk
- broiler
- broiler pan

Directions

- Preheat the broiler. Lightly oil the broiler pan. Toss the carrots with 1 tablespoon olive oil in a bowl, then spread out on one side of the pan. Broil until the carrots begin to soften, 2 to 3 minutes.
- Meanwhile, whisk 2 tablespoons olive oil, the honey, mustard and 1 tablespoon lime juice in a small bowl.
- Brush the tops and sides of the salmon with the glaze.
- Put the salmon, skin-side down, on the other side of the broiler pan next to the carrots and season with salt and pepper. Broil until the salmon is golden brown and just cooked through and the carrots are crisp-tender, 5 to 7 minutes.
- Whisk the remaining 1 tablespoon each olive oil and lime juice, the coriander, cumin, cinnamon, mint and almonds in a bowl.
- Add the carrots and toss to combine; season with salt and pepper.
- Serve the salmon with the carrots and lime wedges.
- Photograph by Antonis Achilleos

Nutrition Facts



Properties

Glycemic Index:36.46, Glycemic Load:5.05, Inflammation Score:-10, Nutrition Score:36.318695690321%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 1.17mg, Eriodictyol: 1.17mg, Eriodictyol: 1.17mg, Eriodictyol: 1.17mg Hesperetin: 3.56mg, Hesperetin: 3.56mg, Hesperetin: 3.56mg, Hesperetin: 3.56mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg Luteolin: 0.62mg, Luteolin: 0.62mg, Luteolin: 0.62mg, Luteolin: 0.62mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 486.1kcal (24.31%), Fat: 28.22g (43.42%), Saturated Fat: 3.88g (24.25%), Carbohydrates: 21.89g (7.3%), Net Carbohydrates: 17.17g (6.24%), Sugar: 12.95g (14.39%), Cholesterol: 93.55mg (31.18%), Sodium: 390.5mg (16.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.44g (72.87%), Vitamin A: 19179.78IU (383.6%), Selenium: 63.99µg (91.42%), Vitamin B12: 5.41µg (90.15%), Vitamin B6: 1.59mg (79.58%), Vitamin B3: 14.88mg (74.38%), Vitamin B2: 0.81mg (47.65%), Phosphorus: 417.44mg (41.74%), Potassium: 1279.22mg (36.55%), Vitamin B1: 0.5mg (33.18%), Vitamin B5: 3.21mg (32.07%), Vitamin E: 4.37mg (29.16%), Copper: 0.56mg (28.01%), Vitamin K: 25.88µg (24.65%), Magnesium: 85.13mg (21.28%), Manganese: 0.4mg (19.99%), Fiber: 4.73g (18.91%), Folate: 74.89µg (18.72%), Vitamin C: 11.9mg (14.42%), Iron: 2.43mg (13.48%), Zinc: 1.63mg (10.89%), Calcium: 91.02mg (9.1%)