



Glazed Salmon with Stir-fried Vegetables

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



4

CALORIES



301 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup apple jelly
- 2 carrots
- 1 teaspoon cornstarch
- 4 servings garnish: dill sprigs fresh
- 8 green onions
- 1 parsnips
- 1 small bell pepper red
- 3 tablespoons rice wine vinegar

- 16 ounce salmon fillet skinless
- 0.3 teaspoon salt
- 1 tablespoon lite soy sauce
- 2 teaspoons vegetable oil
- 2 tablespoons water

Equipment

- frying pan
- whisk
- broiler pan

Directions

- Cut first 4 ingredients into thin strips, and set aside.
- Sprinkle salmon fillets evenly with salt.
- Place on a rack in a broiler pan coated with cooking spray.
- Broil 6 inches from heat 10 to 13 minutes or until fish flakes with a fork.
- Whisk together jelly, next 4 ingredients, and, if desired, dill.
- Cook carrot and parsnip in hot oil in a large skillet over medium-high heat, stirring often, 2 to 3 minutes.
- Add bell pepper and onions; cook 1 to 2 minutes or until crisp-tender.
- Remove vegetables from skillet, and keep warm.
- Add jelly mixture to skillet, and cook, stirring constantly, 3 to 4 minutes or until thickened.
- Spoon vegetables evenly onto serving plates.
- Drizzle with half of sauce. Top with salmon fillets, and drizzle with remaining sauce.
- Garnish, if desired.
- *Only 7% of the total calories in this recipe come from saturated fat. The remaining fat calories are from beneficial mono- or polyunsaturated oils.

Nutrition Facts



■ PROTEIN 32.79% ■ FAT 29.45% ■ CARBS 37.76%

Properties

Glycemic Index:74.46, Glycemic Load:12.16, Inflammation Score:-10, Nutrition Score:30.171304288118%

Flavonoids

Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.11mg, Quercetin: 3.11mg, Quercetin: 3.11mg

Nutrients (% of daily need)

Calories: 300.86kcal (15.04%), Fat: 9.75g (15%), Saturated Fat: 1.51g (9.41%), Carbohydrates: 28.13g (9.38%), Net Carbohydrates: 24.09g (8.76%), Sugar: 15.03g (16.7%), Cholesterol: 62.37mg (20.79%), Sodium: 483.63mg (21.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.43g (48.85%), Vitamin A: 5966.92IU (119.34%), Vitamin K: 67.47µg (64.26%), Selenium: 42.82µg (61.17%), Vitamin B12: 3.61µg (60.1%), Vitamin B6: 1.09mg (54.32%), Vitamin B3: 9.98mg (49.89%), Vitamin C: 38.53mg (46.71%), Vitamin B2: 0.53mg (30.95%), Phosphorus: 289.17mg (28.92%), Potassium: 930.76mg (26.59%), Vitamin B5: 2.3mg (23.01%), Vitamin B1: 0.34mg (22.71%), Folate: 87.27µg (21.82%), Copper: 0.4mg (19.83%), Manganese: 0.38mg (18.87%), Fiber: 4.04g (16.17%), Magnesium: 57.72mg (14.43%), Iron: 1.89mg (10.49%), Vitamin E: 1.41mg (9.42%), Zinc: 1.2mg (8.02%), Calcium: 62.6mg (6.26%)