

health-score100%

HEALTH SCORE

Grapefruit and Honey Salmon

☒ Gluten Free ☒ Dairy Free ☒ Very Healthy

READY IN

ready

25 min.

SERVINGS

servings

4

CALORIES

calories

400 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 cups flat-leaf parsley leaves fresh
- ☐ 2 ruby grapefruit red
- ☐ 1.5 tablespoons honey
- ☐ 4 servings kosher salt and ground pepper black finely
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 24 ounce salmon fillet skinless
- ☐ 1 large shallots finely chopped

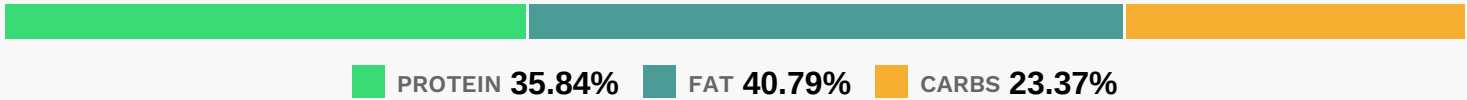
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ knife

Directions

- ☐ Juice 1 grapefruit into a bowl.
- ☐ Cut the peel and pith from the other grapefruit.
- ☐ Remove the flesh from the membranes with a sharp knife, adding any juice to the juice in the bowl. Reserve the grapefruit segments.
- ☐ Boil the reserved juice, honey and 1/4 teaspoon each salt and pepper in a small saucepan until reduced by half and slightly syrupy, 4 to 6 minutes.
- ☐ Toss the grapefruit segments with the shallots, oil, parsley, 1/2 teaspoon salt and 1/4 teaspoon pepper.
- ☐ Bring a large, straight-sided skillet with 4 cups of well-salted water to a simmer; the water should cover the salmon.
- ☐ Add the salmon to the skillet and remove from the heat.
- ☐ Let the salmon cook in the hot water until just cooked through, 5 to 7 minutes.
- ☐ Transfer the salmon to paper towels and pat dry.
- ☐ Place on serving plates.
- ☐ Drizzle the salmon with the sauce and top with the grapefruit salad.

Nutrition Facts



Properties

Glycemic Index:42.82, Glycemic Load:6.89, Inflammation Score:-10, Nutrition Score:42.239565185879%

Flavonoids

Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 40.15mg, Naringenin: 40.15mg, Naringenin: 40.15mg, Naringenin: 40.15mg Apigenin: 96.96mg, Apigenin: 96.96mg, Apigenin: 96.96mg, Apigenin: 96.96mg Luteolin: 1.24mg, Luteolin: 1.24mg, Luteolin: 1.24mg, Luteolin: 1.24mg Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg Myricetin: 6.69mg, Myricetin: 6.69mg, Myricetin: 6.69mg, Myricetin: 6.69mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 399.97kcal (20%), Fat: 18.32g (28.19%), Saturated Fat: 2.72g (17.01%), Carbohydrates: 23.61g (7.87%), Net Carbohydrates: 19.92g (7.24%), Sugar: 15.82g (17.57%), Cholesterol: 93.55mg (31.18%), Sodium: 101.27mg (4.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.22g (72.44%), Vitamin K: 742.43µg (707.07%), Vitamin C: 98.77mg (119.72%), Vitamin A: 5274.14IU (105.48%), Vitamin B12: 5.41µg (90.15%), Selenium: 62.4µg (89.14%), Vitamin B6: 1.52mg (76.04%), Vitamin B3: 14.23mg (71.17%), Vitamin B2: 0.73mg (43.12%), Phosphorus: 392.66mg (39.27%), Potassium: 1275.19mg (36.43%), Vitamin B5: 3.36mg (33.58%), Folate: 129.21µg (32.3%), Vitamin B1: 0.48mg (31.99%), Copper: 0.54mg (27.07%), Iron: 4.41mg (24.48%), Magnesium: 84.54mg (21.13%), Fiber: 3.69g (14.78%), Zinc: 1.7mg (11.33%), Calcium: 112.87mg (11.29%), Vitamin E: 1.51mg (10.06%), Manganese: 0.16mg (8.18%)