



Maple-Glazed Salmon with Warm Wheat Berry Salad

 Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



904 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup carrots diced finely
- ☐ 0.5 cup celery diced finely
- ☐ 0.3 cup dijon mustard
- ☐ 0.3 cup cranberries dried
- ☐ 2 cups mâche lettuce
- ☐ 0.3 cup maple syrup pure
- ☐ 2 teaspoons olive oil divided

- ☐ 0.3 cup pecans toasted
- ☐ 0.3 teaspoon pepper
- ☐ 2 tablespoons red wine vinegar
- ☐ 3 pounds salmon
- ☐ 0.3 teaspoon salt
- ☐ 4 cups water
- ☐ 1.5 cups wheat berries

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ broiler
- ☐ cutting board

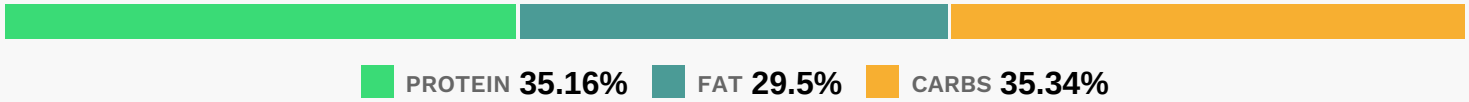
Directions

- ☐ Bring 4 cups water to boil; add wheat berries. Reduce heat and cook, uncovered, for 1 hour or until tender and most of liquid is absorbed.
- ☐ Drain; set aside.
- ☐ Cook carrots and celery in 1 teaspoon oil in a large skillet over moderate heat for 3 minutes or until tender.
- ☐ Add wheat berries and cranberries, and cook, stirring, for 5 minutes or until hot.
- ☐ Transfer to serving bowl, and stir in next 4 ingredients (through pepper). Cover and keep warm.
- ☐ Preheat oven to 45
- ☐ Brush a baking sheet with 1 teaspoon olive oil; arrange salmon, skin side down.
- ☐ Combine maple syrup and mustard; spread on top of salmon. Roast in middle of oven for 7 minutes. Turn broiler on; broil salmon for 34 minutes or until golden on top.
- ☐ Transfer salmon to a cutting board, and cut half of it into 4 (6-ounce) pieces; reserve the rest.

- ☐
- Reserve 1 1/2 cups wheat berry mixture. Stir mche into the remaining wheat berry salad.

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Nutrition Facts



Properties

Glycemic Index:47.33, Glycemic Load:5.6, Inflammation Score:-10, Nutrition Score:49.910869681317%

Flavonoids

Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg Delphinidin: 0.46mg, Delphinidin: 0.46mg, Delphinidin: 0.46mg, Delphinidin: 0.46mg Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3–gallate: 0.14mg, Epigallocatechin 3–gallate: 0.14mg, Epigallocatechin 3–gallate: 0.14mg, Epigallocatechin 3–gallate: 0.14mg Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 904.4kcal (45.22%), Fat: 29.67g (45.64%), Saturated Fat: 4.06g (25.35%), Carbohydrates: 79.96g (26.65%), Net Carbohydrates: 67.48g (24.54%), Sugar: 20.79g (23.1%), Cholesterol: 187.11mg (62.37%), Sodium: 503.29mg (21.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 79.55g (159.1%), Selenium: 130.08µg (185.83%), Vitamin B12: 10.82µg (180.3%), Vitamin B6: 2.92mg (145.93%), Vitamin B3: 27.29mg (136.43%), Vitamin A: 4866.68IU (97.33%), Vitamin B2: 1.61mg (94.74%), Phosphorus: 739.41mg (73.94%), Vitamin B1: 0.89mg (59.13%), Vitamin B5: 5.87mg (58.71%), Potassium: 1983.08mg (56.66%), Manganese: 1.04mg (52.18%), Copper: 1.03mg (51.61%), Fiber: 12.48g (49.91%), Iron: 6.33mg (35.16%), Magnesium: 128.08mg (32.02%), Folate: 99.03µg (24.76%), Zinc: 2.96mg (19.71%), Vitamin C: 12.22mg (14.81%), Calcium: 140.32mg (14.03%), Vitamin K: 8.44µg (8.04%), Vitamin E: 0.78mg (5.21%)