



## Orange-Glazed Salmon

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

READY IN



45 min.

SERVINGS



4

CALORIES



259 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 teaspoon sesame oil dark
- 3 tablespoons soya sauce low-sodium
- 3 tablespoons orange juice
- 0.3 teaspoon pepper
- 24 ounce salmon fillet ( )
- 0.3 teaspoon salt

### Equipment

- frying pan

## Directions

- Sprinkle fish with salt and pepper. Coat a large nonstick skillet with cooking spray; place over high heat until hot.
- Add fish, and cook, uncovered, 3 minutes on each side. Cover and cook 3 minutes or until fish flakes easily when tested with a fork.
- Remove from pan; set aside, and keep warm.
- Add soy sauce and orange juice to pan; cook over high heat 1 minute, stirring to deglaze pan.
- Add oil, and stir well.
- Pour sauce over fish; serve immediately.
- carbo rating: 2

## Nutrition Facts

**PROTEIN 55.85%** **FAT 40.83%** **CARBS 3.32%**

## Properties

Glycemic Index:21, Glycemic Load:0.69, Inflammation Score:-4, Nutrition Score:24.337826257167%

## Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.52mg, Hesperetin: 1.52mg, Hesperetin: 1.52mg, Hesperetin: 1.52mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 258.85kcal (12.94%), Fat: 11.35g (17.46%), Saturated Fat: 1.75g (10.93%), Carbohydrates: 2.08g (0.69%), Net Carbohydrates: 1.94g (0.7%), Sugar: 1.13g (1.26%), Cholesterol: 93.55mg (31.18%), Sodium: 652.34mg (28.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.94g (69.87%), Vitamin B12: 5.41µg (90.15%), Selenium: 62.16µg (88.81%), Vitamin B6: 1.42mg (70.8%), Vitamin B3: 13.56mg (67.79%), Vitamin B2: 0.68mg (39.95%), Phosphorus: 362.48mg (36.25%), Vitamin B5: 2.89mg (28.95%), Vitamin B1: 0.4mg (26.72%), Potassium: 902.91mg (25.8%), Copper: 0.44mg (21.93%), Magnesium: 59.23mg (14.81%), Folate: 51.65µg (12.91%), Iron: 1.56mg (8.68%), Zinc: 1.19mg (7.94%), Vitamin C: 6.38mg (7.73%), Manganese: 0.1mg (4.81%), Calcium: 26.06mg (2.61%), Vitamin A: 94.22IU (1.88%)