



Orange-Glazed Salmon Fillets with Rosemary



Gluten Free



Dairy Free



Very Healthy

READY IN



20 min.

SERVINGS



4

CALORIES



292 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.3 cup cooking wine dry white
- ☐ 0.5 teaspoon rosemary fresh chopped
- ☐ 0.5 teaspoon kosher salt
- ☐ 1 tablespoon maple syrup
- ☐ 0.8 cup orange juice fresh (2 oranges)
- ☐ 24 ounce salmon fillet ()
- ☐ 2 tablespoons shallots minced

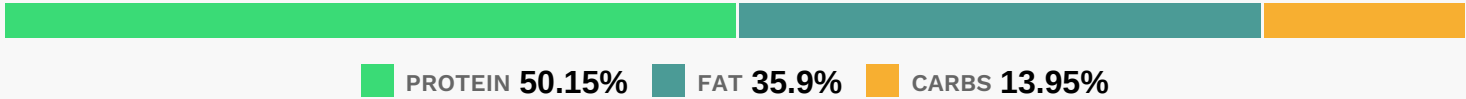
Equipment

☐ frying pan

Directions

- ☐ Sprinkle fillets evenly with salt and pepper.
- ☐ Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add fillets; cook 2 minutes on each side or until fish flakes easily when tested with a fork or until desired degree of doneness.
- ☐ Remove from pan.
- ☐ Recoat pan with cooking spray.
- ☐ Add shallots; saut 30 seconds. Stir in wine and rosemary; cook 30 seconds or until liquid almost evaporates.
- ☐ Add juice and syrup; bring to a boil, and cook 1 minute. Return fillets to pan; cook 1 minute on each side or until thoroughly heated.
- ☐ Seasoned haricots verts: Cook 1 pound haricots verts in boiling water 3 minutes or until crisp-tender.
- ☐ Drain; rinse with cold water. Pat dry.
- ☐ Combine with 1/3 cup chopped roasted red bell pepper and 1/4 cup toasted pine nuts.
- ☐ Combine 2 tablespoons red wine vinegar, 1/8 teaspoon salt, 1/8 teaspoon pepper, and 1/8 teaspoon dry mustard. Toss with bean mixture.

Nutrition Facts



Properties

Glycemic Index:41.38, Glycemic Load:3.97, Inflammation Score:-5, Nutrition Score:26.010434850403%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 5.62mg,

Hesperetin: 5.62mg, Hesperetin: 5.62mg, Hesperetin: 5.62mg Naringenin: 1.06mg, Naringenin: 1.06mg, Naringenin: 1.06mg, Naringenin: 1.06mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 292.19kcal (14.61%), Fat: 10.89g (16.75%), Saturated Fat: 1.68g (10.52%), Carbohydrates: 9.52g (3.17%), Net Carbohydrates: 9.23g (3.36%), Sugar: 7.44g (8.27%), Cholesterol: 93.55mg (31.18%), Sodium: 367.82mg (15.99%), Alcohol: 1.54g (100%), Alcohol %: 0.81% (100%), Protein: 34.22g (68.44%), Vitamin B12: 5.41µg (90.15%), Selenium: 62.21µg (88.88%), Vitamin B6: 1.44mg (71.76%), Vitamin B3: 13.59mg (67.94%), Vitamin B2: 0.73mg (42.78%), Phosphorus: 354.01mg (35.4%), Vitamin B5: 2.94mg (29.42%), Vitamin B1: 0.43mg (28.9%), Vitamin C: 23.65mg (28.67%), Potassium: 966.88mg (27.63%), Copper: 0.45mg (22.63%), Folate: 58.36µg (14.59%), Magnesium: 58.28mg (14.57%), Manganese: 0.2mg (9.88%), Iron: 1.58mg (8.75%), Zinc: 1.19mg (7.91%), Calcium: 34.95mg (3.5%), Vitamin A: 162.29IU (3.25%), Fiber: 0.29g (1.15%)