



Orange-Honey Baked salmon



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



330 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons parsley fresh chopped
- ☐ 4 tablespoons honey
- ☐ 4 slices cranberry-orange relish fresh
- ☐ 0.5 cup orange juice fresh
- ☐ 1 orange zest
- ☐ 4 fillet salmon (6 oz each one)
- ☐ 4 servings salt and pepper black

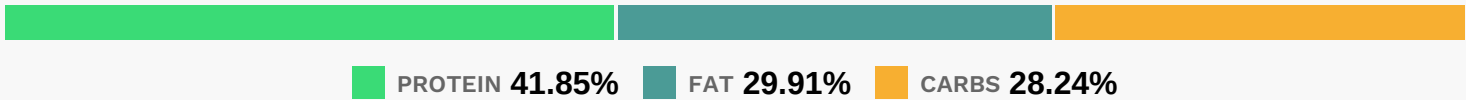
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat the oven to 400° F.In a large baking dish place the salmon fillets. Season each fillet with salt and pepper.In a small bowl mix the orange juice, orange zest and honey. Divide the mixture on top of the salmon fillets. Then top each fillet with 1 orange slice.
- ☐ Place the baking dish in the oven and bake for 15 to 20 minutes or until the salmon is cooked through.
- ☐ Sprinkle with fresh parsley and serve.

Nutrition Facts



Properties

Glycemic Index:44.69, Glycemic Load:11.26, Inflammation Score:-6, Nutrition Score:28.389130372068%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 7.52mg, Hesperetin: 7.52mg, Hesperetin: 7.52mg, Hesperetin: 7.52mg Naringenin: 2.81mg, Naringenin: 2.81mg, Naringenin: 2.81mg, Naringenin: 2.81mg Apigenin: 6.46mg, Apigenin: 6.46mg, Apigenin: 6.46mg, Apigenin: 6.46mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 329.76kcal (16.49%), Fat: 10.89g (16.75%), Saturated Fat: 1.68g (10.51%), Carbohydrates: 23.12g (7.71%), Net Carbohydrates: 22.26g (8.1%), Sugar: 21.18g (23.53%), Cholesterol: 93.5mg (31.17%), Sodium: 271.51mg (11.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.27g (68.55%), Vitamin B12: 5.41µg (90.1%), Selenium: 62.35µg (89.07%), Vitamin B6: 1.42mg (71.22%), Vitamin B3: 13.62mg (68.09%), Vitamin K: 49.23µg (46.89%), Vitamin B2: 0.67mg (39.68%), Vitamin C: 31.12mg (37.72%), Phosphorus: 350.44mg (35.04%), Vitamin B5: 2.96mg (29.64%), Vitamin B1: 0.43mg (28.7%), Potassium: 954.28mg (27.27%), Copper: 0.46mg (22.99%), Folate: 61.88µg (15.47%), Magnesium: 56.69mg (14.17%), Iron: 1.74mg (9.64%), Vitamin A: 426.82IU (8.54%), Zinc: 1.2mg (8%), Calcium: 39.76mg (3.98%), Fiber: 0.86g (3.43%), Manganese: 0.06mg (2.86%)