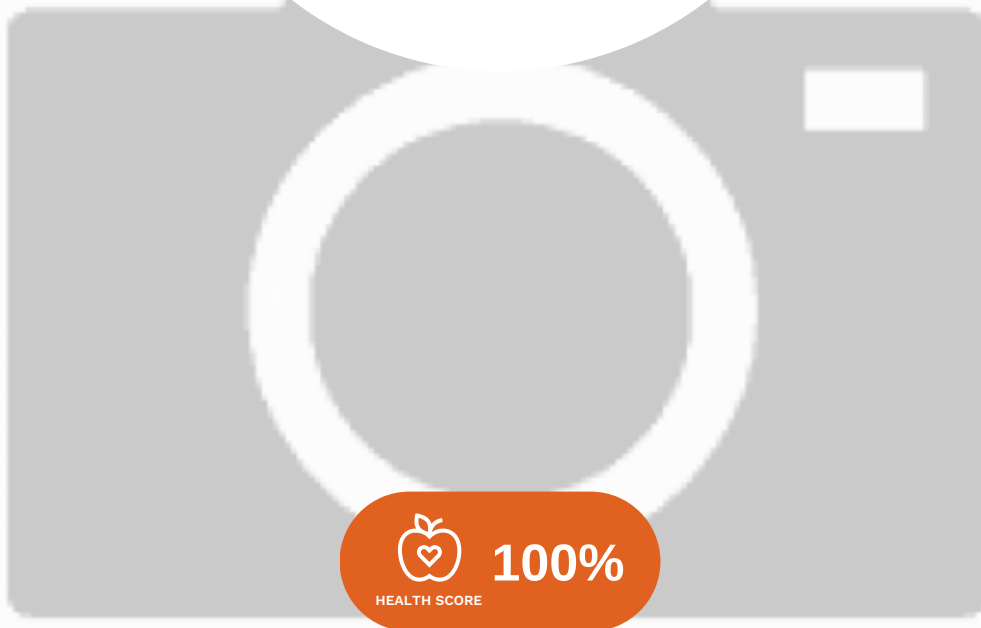




Orange Salmon II



Gluten Free



Dairy Free



Very Healthy

READY IN



40 min.

SERVINGS



2

CALORIES



381 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 sprigs dill weed fresh
- ☐ 2.5 cups orange juice
- ☐ 12 ounce fillets salmon skinless

Equipment

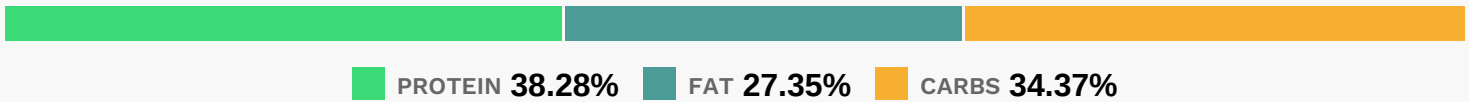
- ☐ frying pan

Directions

- ☐
- Place the salmon fillets in a large skillet over medium heat.

☐☐☐☐

Nutrition Facts



Properties

Glycemic Index:33.5, Glycemic Load:16.44, Inflammation Score:-9, Nutrition Score:33.067391701367%

Flavonoids

Eriodictyol: 0.53mg, Eriodictyol: 0.53mg, Eriodictyol: 0.53mg, Eriodictyol: 0.53mg Hesperetin: 37.04mg, Hesperetin: 37.04mg, Hesperetin: 37.04mg, Hesperetin: 37.04mg Naringenin: 6.63mg, Naringenin: 6.63mg, Naringenin: 6.63mg, Naringenin: 6.63mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg

Nutrients (% of daily need)

Calories: 381.17kcal (19.06%), Fat: 11.41g (17.55%), Saturated Fat: 1.74g (10.9%), Carbohydrates: 32.26g (10.75%), Net Carbohydrates: 31.63g (11.5%), Sugar: 26.04g (28.93%), Cholesterol: 93.55mg (31.18%), Sodium: 78.13mg (3.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.93g (71.86%), Vitamin C: 155.26mg (188.19%), Vitamin B12: 5.41µg (90.15%), Selenium: 62.4µg (89.14%), Vitamin B6: 1.52mg (75.8%), Vitamin B3: 14.61mg (73.07%), Vitamin B1: 0.66mg (44.24%), Vitamin B2: 0.74mg (43.54%), Potassium: 1455.69mg (41.59%), Phosphorus: 393.09mg (39.31%), Vitamin B5: 3.42mg (34.21%), Folate: 135.97µg (33.99%), Copper: 0.56mg (28.1%), Magnesium: 83.59mg (20.9%), Vitamin A: 711.19IU (14.22%), Iron: 2mg (11.11%), Zinc: 1.25mg (8.31%), Calcium: 55.14mg (5.51%), Manganese: 0.07mg (3.72%), Fiber: 0.63g (2.51%)