



Orange-Seared Salmon with Almonds



Gluten Free



Dairy Free



Very Healthy

READY IN



15 min.

SERVINGS



4

CALORIES



322 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup almonds sliced
- ☐ 0.5 cup cooking wine dry white
- ☐ 2 teaspoons thyme leaves fresh chopped
- ☐ 0.8 cup orange juice
- ☐ 0.5 teaspoon orange peel grated
- ☐ 24 oz boned salmon fillet
- ☐ 4 servings salt

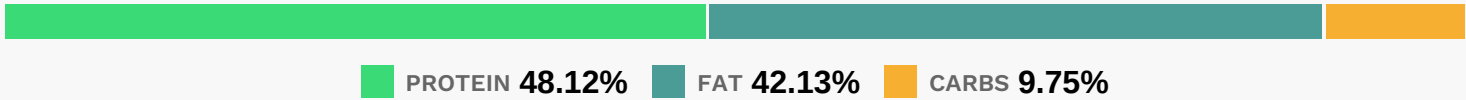
Equipment

☐ frying pan

Directions

- ☐ In a 12-inch nonstick frying pan over medium heat, stir almonds until lightly browned, 1 to 2 minutes.
- ☐ Pour from pan.
- ☐ Rinse salmon fillets and pat dry. Set the frying pan over medium-high heat. When hot, add salmon, skin side up, and cook until well browned on the bottom, 3 to 5 minutes. Turn pieces and cook until opaque on the outside but still slightly translucent in center of thickest part (cut to test), 1 to 3 minutes, depending on thickness of fish, or until opaque but still moist-looking in center.
- ☐ Transfer salmon, skin side down, to plates or a serving platter; cover to keep warm.
- ☐ Add orange peel, juice, and wine to pan. Boil until reduced to 1/2 cup, about 6 minutes. Stir in thyme.
- ☐ Spoon orange sauce over salmon and sprinkle with toasted almonds.
- ☐ Add salt to taste.

Nutrition Facts



Properties

Glycemic Index:30.5, Glycemic Load:2.68, Inflammation Score:-8, Nutrition Score:27.501304249401%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 5.68mg, Hesperetin: 5.68mg, Hesperetin: 5.68mg, Hesperetin: 5.68mg Naringenin: 1.13mg, Naringenin: 1.13mg, Naringenin: 1.13mg, Naringenin: 1.13mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 321.61kcal (16.08%), Fat: 13.76g (21.17%), Saturated Fat: 1.9g (11.89%), Carbohydrates: 7.16g (2.39%), Net Carbohydrates: 6.19g (2.25%), Sugar: 4.44g (4.94%), Cholesterol: 93.55mg (31.18%), Sodium: 270.75mg (11.77%), Alcohol: 3.09g (100%), Alcohol %: 1.54% (100%), Protein: 35.37g (70.74%), Vitamin B12: 5.41µg (90.15%), Selenium: 62.4µg (89.14%), Vitamin B6: 1.44mg (71.84%), Vitamin B3: 13.82mg (69.08%), Vitamin B2: 0.74mg (43.25%), Phosphorus: 382.27mg (38.23%), Vitamin C: 25.19mg (30.53%), Vitamin B5: 2.96mg (29.65%), Vitamin B1: 0.44mg (29.36%), Potassium: 996.58mg (28.47%), Copper: 0.51mg (25.6%), Magnesium: 74.63mg (18.66%), Folate: 59.83µg (14.96%), Manganese: 0.22mg (10.9%), Iron: 1.93mg (10.7%), Vitamin E: 1.49mg (9.94%), Zinc: 1.35mg (8.98%), Calcium: 48.27mg (4.83%), Vitamin A: 209.66IU (4.19%), Fiber: 0.98g (3.91%)