



## Oven-Poached Salmon in Garlic Broth

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

READY IN



45 min.

SERVINGS



4

CALORIES



332 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 16 ounce bottled clam juice
- 16 ounce coleslaw
- 0.3 cup cilantro leaves fresh chopped
- 5 garlic cloves minced
- 2 tablespoons juice of lemon
- 0.1 teaspoon pepper
- 24 ounce salmon fillet

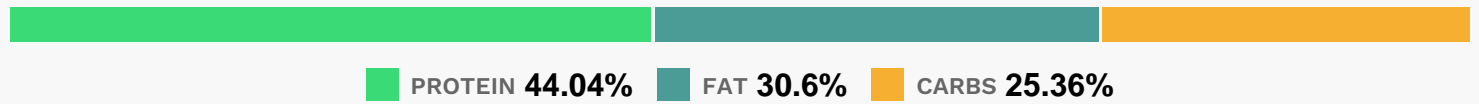
### Equipment

- sauce pan
- oven
- baking pan

## Directions

- Preheat oven to 37
- Combine first 3 ingredients in a small saucepan; bring to a boil. Reduce heat; simmer 5 minutes.
- Place coleslaw in an 11 x 7-inch baking dish; arrange fish on top of coleslaw.
- Pour juice mixture over fish; sprinkle with cilantro and pepper.
- Bake at 375 for 12 minutes or until fish flakes easily when tested with a fork.

## Nutrition Facts



## Properties

Glycemic Index:34.5, Glycemic Load:2.01, Inflammation Score:-7, Nutrition Score:34.691304559293%

## Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg

## Nutrients (% of daily need)

Calories: 331.94kcal (16.6%), Fat: 11.17g (17.18%), Saturated Fat: 1.71g (10.72%), Carbohydrates: 20.83g (6.94%), Net Carbohydrates: 17.4g (6.33%), Sugar: 7.62g (8.46%), Cholesterol: 93.55mg (31.18%), Sodium: 506.94mg (22.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.17g (72.34%), Vitamin B12: 5.44µg (90.72%), Selenium: 63.43µg (90.62%), Vitamin K: 89.45µg (85.19%), Vitamin B6: 1.65mg (82.64%), Vitamin B3: 13.94mg (69.71%), Vitamin C: 51.52mg (62.44%), Vitamin B2: 0.71mg (41.9%), Phosphorus: 389.07mg (38.91%), Potassium: 1155.98mg (33.03%), Vitamin B1: 0.49mg (32.5%), Vitamin B5: 3.2mg (32.04%), Folate: 102.6µg (25.65%), Copper: 0.5mg (24.76%), Magnesium: 70.36mg (17.59%), Manganese: 0.32mg (16.04%), Fiber: 3.43g (13.73%), Iron: 2.16mg (11.99%), Zinc: 1.44mg (9.58%), Vitamin A: 416.74IU (8.33%), Calcium: 83.03mg (8.3%), Vitamin E: 0.33mg (2.23%)