



Pan Roasted Salmon Steaks with Sherry Vinegar-Honey Glaze and Spicy Tomato Relish and Parsleyed Potatoes

 Gluten Free

READY IN



60 min.

SERVINGS



4

CALORIES



854 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons ancho chile powder
- ☐ 0.3 cup dijon mustard
- ☐ 0.5 cup honey
- ☐ 1 pound new potatoes red boiled halved
- ☐ 0.3 cup olive oil
- ☐ 1 tablespoon olive oil

- ☐ 0.5 cup parsley finely chopped
- ☐ 1 tablespoon parsley finely chopped
- ☐ 2 tablespoons onion diced red finely
- ☐ 0.5 teaspoon pepper flakes red
- ☐ 0.3 cup red wine vinegar
- ☐ 4 salmon steaks
- ☐ 4 servings salt and pepper
- ☐ 4 servings salt and pepper freshly ground
- ☐ 1 cup aged sherry vinegar
- ☐ 2 medium tomatoes ripe coarsely chopped
- ☐ 1 stick butter unsalted

Equipment

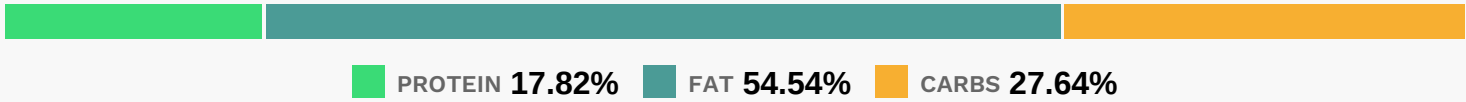
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ mixing bowl

Directions

- ☐ Combine all ingredients in a medium bowl and let rest at room temperature for 30 minutes. For the Salmon: In a small saucepan over high heat, reduce the vinegar to 1/4 cup. In a mixing bowl, combine the vinegar syrup with the mustard, honey and ancho chile powder and season to taste with salt and pepper.
- ☐ Let rest at room temperature for 30 minutes.
- ☐ Heat the tablespoon of oil in a medium saute pan until almost smoking.
- ☐ Brush the salmon on both sides with the glaze.
- ☐ Place in the pan and cook until lightly golden brown.
- ☐ Place in the oven and continue cooking for 5 to 6 minutes for medium doneness.
- ☐ Remove from the oven brush again with the glaze. For the Potatoes: Melt the butter over medium heat in a large saute pan.

- ☐
- Add the potatoes and toss to coat with the butter, let cook 5 minutes.
- ☐
- Add the parsley and season with salt and pepper to taste.;

Nutrition Facts



Properties

Glycemic Index:53.32, Glycemic Load:19.07, Inflammation Score:-10, Nutrition Score:42.898260697075%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 18.33mg, Apigenin: 18.33mg, Apigenin: 18.33mg, Apigenin: 18.33mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 1.34mg, Myricetin: 1.34mg, Myricetin: 1.34mg, Myricetin: 1.34mg Quercetin: 2.13mg, Quercetin: 2.13mg, Quercetin: 2.13mg, Quercetin: 2.13mg

Nutrients (% of daily need)

Calories: 854.23kcal (42.71%), Fat: 52.18g (80.27%), Saturated Fat: 18.74g (117.12%), Carbohydrates: 59.5g (19.83%), Net Carbohydrates: 54.24g (19.72%), Sugar: 38.7g (43%), Cholesterol: 154.24mg (51.41%), Sodium: 742.83mg (32.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.35g (76.7%), Vitamin K: 164.5µg (156.67%), Selenium: 69.43µg (99.19%), Vitamin B12: 5.45µg (90.9%), Vitamin B6: 1.76mg (87.85%), Vitamin B3: 15.79mg (78.95%), Vitamin A: 3281.51IU (65.63%), Potassium: 1713.52mg (48.96%), Phosphorus: 474.32mg (47.43%), Vitamin B2: 0.78mg (45.79%), Vitamin C: 30.53mg (37.01%), Vitamin B1: 0.55mg (36.66%), Copper: 0.71mg (35.47%), Vitamin E: 5.19mg (34.58%), Vitamin B5: 3.38mg (33.84%), Magnesium: 103.98mg (25.99%), Iron: 4.49mg (24.96%), Manganese: 0.48mg (24.24%), Folate: 89.98µg (22.5%), Fiber: 5.26g (21.06%), Zinc: 2.09mg (13.94%), Calcium: 88.81mg (8.88%), Vitamin D: 0.42µg (2.83%)