



Peach-Glazed Salmon with Raspberries



Gluten Free



Dairy Free



Very Healthy

READY IN



16 min.

SERVINGS



4

CALORIES



290 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 0.1 teaspoon pepper red crushed
- ☐ 1.5 tablespoons brown sugar dark
- ☐ 0.5 cup peach spread (such as Polaner All Fruit)
- ☐ 1 cup raspberries fresh
- ☐ 24 ounce salmon fillet
- ☐ 0.3 teaspoon salt

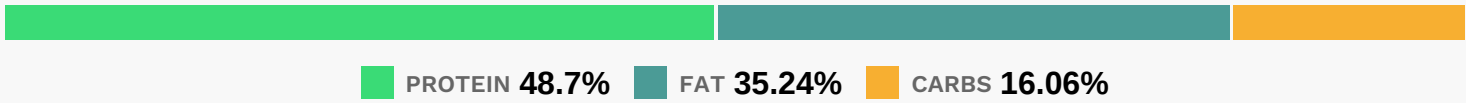
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ grill

Directions

- ☐ Prepare grill.
- ☐ Combine peach spread and next 3 ingredients in a medium saucepan over medium-high heat; cook 2 minutes, stirring frequently. Reserve 2 tablespoons sauce.
- ☐ Add raspberries to pan; cook over medium heat 1 minute, stirring gently.
- ☐ Sprinkle fish evenly with salt.
- ☐ Place fish, skin sides up, on grill rack coated with cooking spray; grill 4 minutes. Turn fish over; grill 4 minutes or until fish flakes easily when tested with a fork, basting with reserved 2 tablespoons sauce. Spoon raspberry sauce evenly over fillets.

Nutrition Facts



Properties

Glycemic Index:29.06, Glycemic Load:1.77, Inflammation Score:-5, Nutrition Score:25.634347936381%

Flavonoids

Cyanidin: 14.1mg, Cyanidin: 14.1mg, Cyanidin: 14.1mg, Cyanidin: 14.1mg Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 1.34mg, Catechin: 1.34mg, Catechin: 1.34mg, Catechin: 1.34mg Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg Epicatechin: 1.51mg, Epicatechin: 1.51mg, Epicatechin: 1.51mg, Epicatechin: 1.51mg Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 289.54kcal (14.48%), Fat: 11.04g (16.98%), Saturated Fat: 1.68g (10.5%), Carbohydrates: 11.32g (3.77%), Net Carbohydrates: 9.06g (3.3%), Sugar: 8.51g (9.45%), Cholesterol: 93.55mg (31.18%), Sodium: 227.11mg (9.87%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.34g (68.67%), Vitamin B12: 5.41µg (90.15%), Selenium: 62.62µg (89.45%), Vitamin B6: 1.42mg (70.79%), Vitamin B3: 13.72mg (68.58%), Vitamin B2: 0.66mg (39.08%), Phosphorus: 355.02mg (35.5%), Vitamin B5: 2.97mg (29.65%), Vitamin B1: 0.4mg (26.59%), Potassium: 918.45mg (26.24%), Copper: 0.47mg (23.61%), Magnesium: 58.93mg (14.73%), Manganese: 0.25mg (12.74%), Folate: 50.04µg (12.51%), Vitamin C: 8.65mg (10.48%), Iron: 1.73mg (9.64%), Fiber: 2.26g (9.04%), Zinc: 1.27mg (8.46%), Calcium: 34.87mg (3.49%), Vitamin A: 159.23IU (3.18%), Vitamin E: 0.43mg (2.84%), Vitamin K: 2.98µg (2.84%)