



Praline-Glazed Salmon



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



2

CALORIES



524 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter melted
- ☐ 3 tablespoons t brown sugar dark packed
- ☐ 1 teaspoon juice of lemon
- ☐ 0.3 cup pecans chopped
- ☐ 2 servings bell pepper
- ☐ 0.3 teaspoon salt
- ☐ 12 ounces salmon fillet cut into 2 pieces

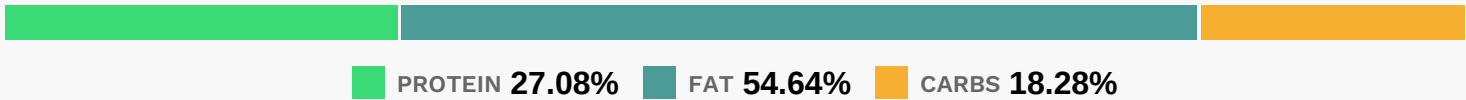
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ spatula

Directions

- ☐ Rinse salmon and pat dry.
- ☐ Sprinkle all over with salt and pepper. In a small bowl, mix pecans, brown sugar, butter, lemon juice, and 1/4 teaspoon salt.
- ☐ Place salmon on a 12- by 15-inch baking sheet. Broil 6 inches from heat for 6 minutes. With a wide spatula, turn fish over. Spoon pecan mixture evenly over fish and broil again, checking frequently to be sure nuts do not scorch, until fish is opaque but still moist- looking in the center of the thickest part (cut to test), 1 to 2 minutes longer.
- ☐ With a wide spatula, transfer fish to serving plate.

Nutrition Facts



Properties

Glycemic Index:46, Glycemic Load:1, Inflammation Score:-9, Nutrition Score:36.29347857185%

Flavonoids

Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 524.39kcal (26.22%), Fat: 32.18g (49.5%), Saturated Fat: 9.75g (60.95%), Carbohydrates: 24.23g (8.08%), Net Carbohydrates: 21.35g (7.76%), Sugar: 21.2g (23.56%), Cholesterol: 123.65mg (41.22%), Sodium: 463.59mg

(20.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.88g (71.77%), Vitamin C: 96.48mg (116.94%), Vitamin B12: 5.43µg (90.55%), Selenium: 63.04µg (90.05%), Vitamin B6: 1.65mg (82.29%), Vitamin B3: 14.29mg (71.43%), Vitamin A: 2758.27IU (55.17%), Vitamin B2: 0.73mg (43.09%), Phosphorus: 401.59mg (40.16%), Manganese: 0.74mg (36.82%), Vitamin B1: 0.52mg (34.39%), Vitamin B5: 3.23mg (32.27%), Potassium: 1076.47mg (30.76%), Copper: 0.61mg (30.52%), Folate: 80.89µg (20.22%), Magnesium: 76.81mg (19.2%), Zinc: 1.91mg (12.75%), Iron: 2.16mg (12.01%), Fiber: 2.88g (11.52%), Vitamin E: 1.7mg (11.31%), Calcium: 53.79mg (5.38%), Vitamin K: 5.11µg (4.86%)