



Roasted Salmon with Cucumber Sour Cream

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



290 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 servings cucumber cream sour
- ☐ 0.3 cup cooking wine dry white
- ☐ 0.3 cup orange juice
- ☐ 36 ounce salmon fillet with skin
- ☐ 0.3 cup soya sauce

Equipment

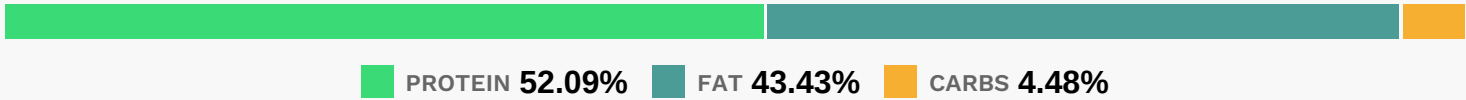
- ☐ baking sheet
- ☐ oven

- ☐ plastic wrap
- ☐ aluminum foil
- ☐ glass baking pan

Directions

- ☐ Mix wine, orange juice, and soy sauce in 13x9x2-inch glass baking dish.
- ☐ Place salmon, flesh side down, in dish. Cover with plastic wrap and refrigerate 2 hours, turning occasionally.
- ☐ Preheat oven to 450°F. Line baking sheet with foil. Shake excess marinade off salmon.
- ☐ Transfer salmon to baking sheet, skin side down. Roast until fish is opaque in center, about 14 minutes.
- ☐ Sprinkle salmon with salt.
- ☐ Transfer to plates. Top with dollops of Cucumber Sour Cream.

Nutrition Facts



Properties

Glycemic Index:13.67, Glycemic Load:0.88, Inflammation Score:-5, Nutrition Score:24.860869846266%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.7mg, Hesperetin: 1.7mg, Hesperetin: 1.7mg Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 290.16kcal (14.51%), Fat: 13.15g (20.23%), Saturated Fat: 2.89g (18.03%), Carbohydrates: 3.05g (1.02%), Net Carbohydrates: 2.92g (1.06%), Sugar: 1.91g (2.13%), Cholesterol: 100.63mg (33.54%), Sodium: 799.34mg (34.75%), Alcohol: 1.37g (100%), Alcohol %: 0.78% (100%), Protein: 35.5g (71%), Vitamin B12: 5.43µg (90.57%), Selenium: 62.66µg (89.51%), Vitamin B6: 1.43mg (71.71%), Vitamin B3: 13.96mg (69.8%), Vitamin B2: 0.69mg (40.72%), Phosphorus: 370.81mg (37.08%), Vitamin B5: 2.95mg (29.51%), Vitamin B1: 0.41mg (27.17%), Potassium: 912.82mg (26.08%), Copper: 0.45mg (22.57%), Magnesium: 58.53mg (14.63%), Folate: 49.83µg (12.46%), Iron:

1.74mg (9.66%), Vitamin C: 7mg (8.48%), Zinc: 1.21mg (8.04%), Manganese: 0.11mg (5.52%), Calcium: 37.83mg (3.78%), Vitamin A: 170.35IU (3.41%)