



Roasted Salmon with Orange-Herb Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



189 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons optional: dill fresh chopped
- ☐ 0.3 cup spring onion thinly sliced
- ☐ 1.5 tablespoons juice of lemon fresh
- ☐ 1.5 tablespoons olive oil
- ☐ 1 large onion halved thinly sliced
- ☐ 1 large cranberry-orange relish unpeeled sliced
- ☐ 1 slices cranberry-orange relish unpeeled
- ☐ 0.5 cup orange juice

☐ 18 ounce salmon fillet skinless

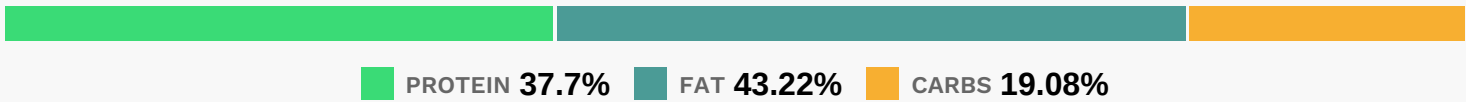
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ glass baking pan

Directions

- ☐ Preheat oven to 400°F.
- ☐ Place orange slices in single layer in 13x9x2-inch glass baking dish. Top with onion slices.
- ☐ Drizzle with oil.
- ☐ Sprinkle with salt and pepper. Roast until onion is brown and tender, about 25 minutes.
- ☐ Remove from oven. Increase oven temperature to 450°F.
- ☐ Push orange and onion slices to side of baking dish. Arrange salmon in center of dish.
- ☐ Sprinkle with salt, pepper and 1 1/2 tablespoons dill. Spoon orange and onion slices atop salmon. Roast until salmon is opaque in center, about 8 minutes.
- ☐ Meanwhile, mix orange juice, green onions, lemon juice and remaining 1 1/2 tablespoons dill in small bowl.
- ☐ Transfer salmon to platter. Spoon onion alongside; discard roasted orange slices.
- ☐ Pour orange sauce over fish.
- ☐ Garnish with additional orange slices.
- ☐ per serving: calories, 196; total fat, 10 g; saturated fat, 1 g; cholesterol, 55 mg
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:35.17, Glycemic Load:2.99, Inflammation Score:-5, Nutrition Score:15.767391298128%

Flavonoids

Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 12mg, Hesperetin: 12mg, Hesperetin: 12mg, Hesperetin: 12mg Naringenin: 5.55mg, Naringenin: 5.55mg, Naringenin: 5.55mg, Naringenin: 5.55mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 5.84mg, Quercetin: 5.84mg, Quercetin: 5.84mg, Quercetin: 5.84mg

Nutrients (% of daily need)

Calories: 188.76kcal (9.44%), Fat: 9.02g (13.87%), Saturated Fat: 1.34g (8.38%), Carbohydrates: 8.96g (2.99%), Net Carbohydrates: 7.57g (2.75%), Sugar: 6.07g (6.75%), Cholesterol: 46.78mg (15.59%), Sodium: 39.52mg (1.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.7g (35.4%), Vitamin B12: 2.7µg (45.08%), Selenium: 31.38µg (44.83%), Vitamin C: 32.14mg (38.96%), Vitamin B6: 0.76mg (37.92%), Vitamin B3: 6.92mg (34.59%), Vitamin B2: 0.35mg (20.81%), Phosphorus: 187.45mg (18.75%), Vitamin B1: 0.25mg (16.96%), Potassium: 571.17mg (16.32%), Vitamin B5: 1.58mg (15.77%), Copper: 0.25mg (12.53%), Folate: 45.83µg (11.46%), Vitamin K: 10.85µg (10.34%), Magnesium: 33.91mg (8.48%), Fiber: 1.38g (5.53%), Iron: 0.9mg (5.03%), Zinc: 0.64mg (4.27%), Vitamin A: 207.31IU (4.15%), Vitamin E: 0.61mg (4.03%), Calcium: 35.11mg (3.51%), Manganese: 0.07mg (3.33%)