



 **100%**
HEALTH SCORE

Roasted Salmon with Shallot Grapefruit Sauce

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



33 min.

SERVINGS



4

CALORIES



330 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons basil leaves thinly sliced
- 1 pinch cayenne pepper
- 1 teaspoon ginger freshly grated
- 2 ruby grapefruits red
- 2.5 teaspoons honey
- 2 teaspoons juice of lemon
- 2 teaspoons olive oil
- 4 fillet salmon skinless

- 0.3 teaspoon salt plus more for seasoning
- 1 tablespoon shallots minced

Equipment

- frying pan
- oven
- knife
- baking pan

Directions

- Watch how to make this recipe.
- Preheat the oven to 350 degrees F.
- Season the salmon with 1/4 teaspoon salt, place in a baking dish and roast until cooked through, about 18 minutes.
- While the salmon is cooking prepare the sauce.
- Cut 1 of the grapefruits into sections by cutting off the top and bottom of the fruit, then standing it on 1 end, cut down the skin to remove the pith and peel. Then, with a paring knife, remove each segment of fruit from its casing and cut the segments in half. Set the segment pieces aside. Juice the other grapefruit and set the juice aside.
- In a medium skillet, heat the oil over a medium heat.
- Add the shallot and saute until softened, about 2 minutes.
- Add the ginger, grapefruit juice, honey, and cayenne pepper and bring to simmer. Cook until sauce is reduced by about half about, 10 minutes.
- Add lemon juice and season with salt, to taste. Right before serving, toss the grapefruit pieces and basil into the sauce.
- Put the salmon onto a serving dish. Spoon sauce over the salmon and serve.

Nutrition Facts



Properties

Glycemic Index:57.32, Glycemic Load:4.92, Inflammation Score:-9, Nutrition Score:29.313477878985%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 41.81mg, Naringenin: 41.81mg, Naringenin: 41.81mg, Naringenin: 41.81mg Luteolin: 0.77mg, Luteolin: 0.77mg, Luteolin: 0.77mg, Luteolin: 0.77mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 330.02kcal (16.5%), Fat: 12.99g (19.99%), Saturated Fat: 1.98g (12.37%), Carbohydrates: 18.24g (6.08%), Net Carbohydrates: 15.93g (5.79%), Sugar: 12.7g (14.11%), Cholesterol: 93.5mg (31.17%), Sodium: 75.53mg (3.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.87g (69.74%), Vitamin B12: 5.41µg (90.1%), Selenium: 62.27µg (88.95%), Vitamin B6: 1.48mg (73.77%), Vitamin B3: 13.66mg (68.32%), Vitamin C: 41.36mg (50.13%), Vitamin B2: 0.69mg (40.65%), Phosphorus: 366.17mg (36.62%), Vitamin A: 1608.64IU (32.17%), Vitamin B5: 3.18mg (31.84%), Vitamin B1: 0.44mg (29.5%), Potassium: 1028.43mg (29.38%), Copper: 0.48mg (23.86%), Magnesium: 63.31mg (15.83%), Folate: 62.07µg (15.52%), Iron: 1.67mg (9.3%), Fiber: 2.31g (9.23%), Zinc: 1.22mg (8.11%), Vitamin K: 7.31µg (6.96%), Calcium: 56.72mg (5.67%), Manganese: 0.09mg (4.75%), Vitamin E: 0.53mg (3.55%)