



 **100%**
HEALTH SCORE

Roasted Salmon with Soy-Marmalade Glaze

 Dairy Free  Very Healthy

READY IN



24 min.

SERVINGS



4

CALORIES



592 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 2 garlic cloves chopped
- 2 tablespoons green onions thinly sliced
- 0.5 teaspoon kosher salt
- 4 lemon wedges
- 1.5 teaspoons lower-sodium soy sauce
- 4 servings soba noodle salad
- 0.3 cup orange marmalade

- 4 servings quinoa with toasted pine nuts
- 4 servings snap pea and radish sauté
- 24 ounce skin-on salmon fillets
- 4 servings wilted spinach fresh with chile

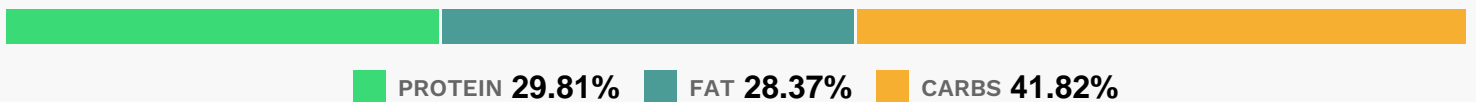
Equipment

- bowl
- baking sheet
- oven
- aluminum foil
- broiler

Directions

- Preheat oven to 45
- Combine marmalade, soy sauce, salt, black pepper, and garlic in a small bowl. Arrange salmon fillets, skin sides down, on a foil-lined baking sheet coated with cooking spray.
- Brush fish fillets evenly with half of marmalade mixture.
- Bake fish fillets at 450 for 4 minutes.
- Heat broiler to high (do not remove fish from oven); broil fish 6 minutes. Spoon remaining marmalade mixture onto center of fillets. Broil fish an additional 3 minutes or until desired degree of doneness.
- Sprinkle fish evenly with green onions; serve with lemon wedges.

Nutrition Facts



Properties

Glycemic Index:56.38, Glycemic Load:17.8, Inflammation Score:-10, Nutrition Score:44.720869644828%

Flavonoids

Pelargonidin: 36.62mg, Pelargonidin: 36.62mg, Pelargonidin: 36.62mg, Pelargonidin: 36.62mg Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg Kaempferol: 2.46mg, Kaempferol: 2.46mg, Kaempferol: 2.46mg, Kaempferol: 2.46mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 1.74mg, Quercetin: 1.74mg, Quercetin: 1.74mg, Quercetin: 1.74mg

Nutrients (% of daily need)

Calories: 592.09kcal (29.6%), Fat: 18.73g (28.81%), Saturated Fat: 2.36g (14.78%), Carbohydrates: 62.11g (20.7%), Net Carbohydrates: 57.53g (20.92%), Sugar: 15.6g (17.34%), Cholesterol: 93.55mg (31.18%), Sodium: 495.25mg (21.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 44.28g (88.55%), Vitamin K: 157.74µg (150.23%), Selenium: 98.64µg (140.92%), Manganese: 1.81mg (90.5%), Vitamin B12: 5.41µg (90.15%), Vitamin B6: 1.62mg (81.12%), Vitamin B3: 15.2mg (76.02%), Vitamin A: 2935.87IU (58.72%), Phosphorus: 540.43mg (54.04%), Vitamin B2: 0.8mg (47.03%), Copper: 0.82mg (41.16%), Potassium: 1377.11mg (39.35%), Vitamin C: 28.63mg (34.7%), Magnesium: 138.15mg (34.54%), Vitamin B1: 0.52mg (34.36%), Folate: 135.32µg (33.83%), Vitamin B5: 3.28mg (32.76%), Iron: 3.91mg (21.73%), Zinc: 2.91mg (19.41%), Fiber: 4.58g (18.32%), Vitamin E: 1.67mg (11.14%), Calcium: 96.98mg (9.7%)