



Salmón con Salsa de Mandarina (Salmon with Tangerine sauce)

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



488 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoon butter
- ☐ 0.5 tablespoon cornstarch
- ☐ 2 garlic cloves minced
- ☐ 2 tablespoons honey
- ☐ 2 juice of lime
- ☐ 4 servings olive oil
- ☐ 0.3 cup onion grated

- ☐ 4 fillet salmon
- ☐ 4 servings salt and pepper
- ☐ 1 teaspoon 1 teaspoon of tangerine zest
- ☐ 1 cup tangerine juice fresh
- ☐ 2 tablespoons water

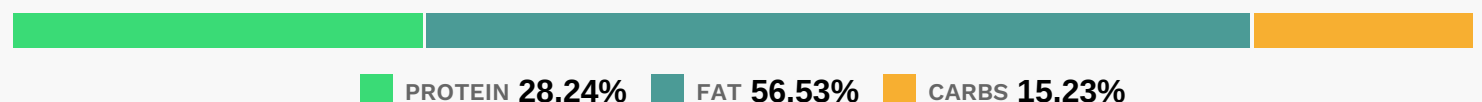
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ aluminum foil

Directions

- ☐ Place the salmon on a plate and add the lime juice, garlic cloves, salt and pepper and let it sit for about 20 minutes. In a large pan over medium-high heat, warm the olive oil.
- ☐ Place the salmon in the pan and cook until golden brown underneath, about 2 minutes. Turn the salmon over and continue cooking until golden underneath, about 2 minutes more for medium-rare, or until done to your liking.
- ☐ Transfer the salmon to a platter, season with salt and cover with aluminum foil. To make the sauce: In a small saucepan over medium heat, melt the butter.
- ☐ Add the onion and sauté until the onion is tender, about 3 minutes.
- ☐ Add the tangerine juice, honey and tangerine zest and bring to a boil. Reduce the heat to low and simmer, stirring occasionally, until the mixture thickens, about 5 minutes. In a small bowl, stir together the cornstarch and water until the cornstarch dissolves.
- ☐ Whisk the cornstarch mixture into the sauce and simmer until the sauce thickens, 1 to 2 minutes. Use immediately.

Nutrition Facts



Properties

Glycemic Index:47.82, Glycemic Load:4.87, Inflammation Score:-6, Nutrition Score:26.993913287702%

Flavonoids

Eriodictyol: 0.34mg, Eriodictyol: 0.34mg, Eriodictyol: 0.34mg, Eriodictyol: 0.34mg Hesperetin: 12.13mg, Hesperetin: 12.13mg, Hesperetin: 12.13mg, Hesperetin: 12.13mg Naringenin: 0.92mg, Naringenin: 0.92mg, Naringenin: 0.92mg, Naringenin: 0.92mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.31mg, Quercetin: 2.31mg, Quercetin: 2.31mg, Quercetin: 2.31mg

Nutrients (% of daily need)

Calories: 487.77kcal (24.39%), Fat: 30.61g (47.09%), Saturated Fat: 7.22g (45.12%), Carbohydrates: 18.55g (6.18%), Net Carbohydrates: 18.12g (6.59%), Sugar: 15.44g (17.15%), Cholesterol: 108.55mg (36.18%), Sodium: 316.35mg (13.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.4g (68.8%), Vitamin B12: 5.42µg (90.3%), Selenium: 62.57µg (89.39%), Vitamin B6: 1.46mg (72.79%), Vitamin B3: 13.48mg (67.42%), Vitamin B2: 0.67mg (39.5%), Phosphorus: 358.26mg (35.83%), Vitamin B5: 2.96mg (29.62%), Vitamin C: 24.06mg (29.16%), Vitamin B1: 0.43mg (28.75%), Potassium: 988.94mg (28.26%), Copper: 0.46mg (22.94%), Vitamin E: 2.3mg (15.31%), Magnesium: 57.31mg (14.33%), Folate: 49.49µg (12.37%), Iron: 1.68mg (9.32%), Vitamin K: 9.08µg (8.64%), Vitamin A: 407.24IU (8.14%), Zinc: 1.18mg (7.9%), Manganese: 0.1mg (5.01%), Calcium: 41.61mg (4.16%), Fiber: 0.43g (1.72%)