



Salmon Steak with Orange-Balsamic Glaze



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



316 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup balsamic vinegar
- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 1 tablespoon rosemary fresh finely chopped
- ☐ 2 cloves garlic finely chopped
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 0.3 cup orange juice concentrate
- ☐ 24 ounces salmon steaks
- ☐ 0.5 teaspoon salt

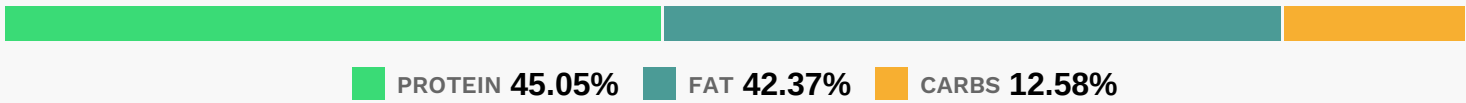
Equipment

- ☐ paper towels
- ☐ grill
- ☐ ziploc bags

Directions

- ☐ Place first 7 ingredients in a large sealable plastic bag. Shake well.
- ☐ Add salmon and refrigerate 30 minutes to 1 hour.
- ☐ Remove steaks from marinade and pat dry with a paper towel. Coat grill with cooking spray and heat on high. Grill steaks, turning once halfway through, until no longer translucent in the center, about 4 minutes per side.
- ☐ Self
- ☐ See Nutrition Data's analysis of this recipe ›

Nutrition Facts



Properties

Glycemic Index:28, Glycemic Load:1.5, Inflammation Score:-5, Nutrition Score:26.11652184051%

Flavonoids

Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 315.82kcal (15.79%), Fat: 14.37g (22.1%), Saturated Fat: 2.18g (13.62%), Carbohydrates: 9.6g (3.2%), Net Carbohydrates: 9.31g (3.38%), Sugar: 7.67g (8.52%), Cholesterol: 93.55mg (31.18%), Sodium: 370.9mg (16.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.37g (68.74%), Vitamin B12: 5.41µg (90.15%), Selenium: 62.37µg (89.1%), Vitamin B6: 1.46mg (72.9%), Vitamin B3: 13.58mg (67.89%), Vitamin B2: 0.68mg (40%), Phosphorus: 356.77mg (35.68%), Vitamin C: 26.31mg (31.9%), Vitamin B5: 2.94mg (29.44%), Vitamin B1: 0.44mg (29.1%), Potassium: 973.25mg (27.81%), Copper: 0.45mg (22.35%), Magnesium: 58.4mg (14.6%), Folate: 56.79µg

(14.2%), Iron: 1.62mg (9.01%), Zinc: 1.15mg (7.69%), Manganese: 0.1mg (4.76%), Vitamin E: 0.61mg (4.08%), Calcium: 36.25mg (3.63%), Vitamin A: 150.41IU (3.01%), Vitamin K: 2.31µg (2.2%), Fiber: 0.3g (1.18%)