



Salmon with Agrodolce Sauce

 Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



423 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.7 cup balsamic vinegar
- ☐ 3 tablespoons olive oil divided
- ☐ 2 medium onion red cut into 8 wedges (1 pound total)
- ☐ 24 ounce salmon fillet with skin ()
- ☐ 1 teaspoon sugar
- ☐ 1 tablespoon butter unsalted

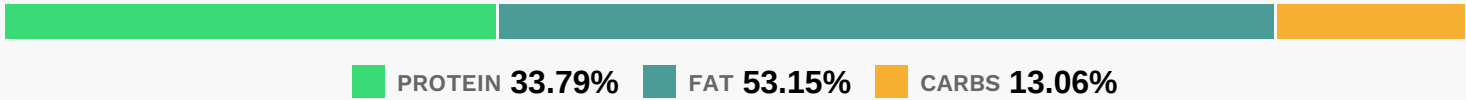
Equipment

- ☐ frying pan

Directions

- ☐ Heat 1 tablespoon oil in a 12-inch nonstick skillet over medium heat until hot. Pat salmon dry and sprinkle with 1 teaspoon salt and 1/2 teaspoon pepper, then cook, skin side up, until undersides form a golden crust, 12 to 15 minutes. Turn fish over and cook until just cooked through, about 3 minutes more.
- ☐ Meanwhile, heat remaining 2 tablespoons oil in a large skillet over medium-high heat until it shimmers, then sauté onions until golden brown and crisp-tender, 6 to 8 minutes. Stir in vinegar, sugar, and 1/2 teaspoon salt and cook until sauce is syrupy, about 2 minutes.
- ☐ Remove from heat and stir in butter.
- ☐ Spoon onions with sauce onto plates and top with salmon, skin side down.
- ☐ Per serving: 417 calories, 24g fat (5g saturated), 100mg cholesterol, 959mg sodium, 14g carbohydrates, 1g fiber, 34g protein See Nutrition Data's complete analysis of this recipe ›
- ☐ Nutrition Data

Nutrition Facts



Properties

Glycemic Index:36.77, Glycemic Load:5.45, Inflammation Score:-6, Nutrition Score:25.64652166548%

Flavonoids

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: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 11.16mg, Quercetin: 11.16mg, Quercetin: 11.16mg, Quercetin: 11.16mg

Nutrients (% of daily need)

Calories: 422.7kcal (21.14%), Fat: 24.18g (37.2%), Saturated Fat: 4.94g (30.87%), Carbohydrates: 13.37g (4.46%), Net Carbohydrates: 12.44g (4.52%), Sugar: 9.69g (10.76%), Cholesterol: 101.08mg (33.69%), Sodium: 87.42mg (3.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.59g (69.18%), Vitamin B12: 5.41µg (90.25%), Selenium: 62.4µg (89.14%), Vitamin B6: 1.46mg (72.87%), Vitamin B3: 13.43mg (67.17%), Vitamin B2: 0.66mg (38.98%), Phosphorus: 365.06mg (36.51%), Vitamin B5: 2.9mg (29.02%), Potassium: 962.34mg (27.5%), Vitamin B1: 0.41mg (27.33%), Copper: 0.46mg (22.92%), Magnesium: 60mg (15%), Folate: 53.08µg (13.27%), Vitamin E: 1.6mg (10.69%), Iron: 1.84mg (10.23%), Zinc: 1.22mg (8.13%), Manganese: 0.15mg (7.7%), Vitamin K: 6.79µg (6.46%), Vitamin C:

4.07mg (4.93%), Calcium: 45.49mg (4.55%), Fiber: 0.94g (3.74%), Vitamin A: 156.6IU (3.13%)