



Salmon with Balsamic Onion Marmalade



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



2

CALORIES



367 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup balsamic vinegar
- ☐ 2 teaspoons olive oil
- ☐ 0.5 cup orange juice
- ☐ 6 oz onion red
- ☐ 12 oz salmon fillet rinsed
- ☐ 2 servings salt and pepper

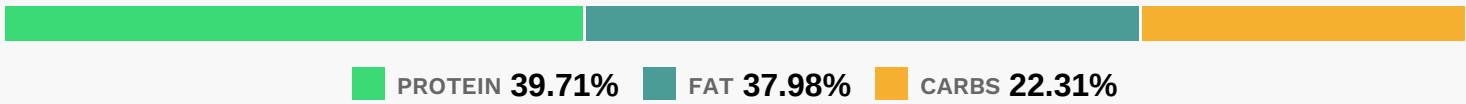
Equipment

- ☐ frying pan

Directions

- ☐ Peel onion and cut into 8 wedges.
- ☐ Pour 1 teaspoon oil into a 2- to 3-quart pan over medium-high heat. When pan is hot, add onion and cook, turning once, to lightly brown, about 5 minutes.
- ☐ Add orange juice and vinegar. Bring to a boil over high heat, then reduce heat, cover, and simmer until onion is very tender when pierced, about 45 minutes.
- ☐ Shortly before onion is done, pour remaining oil into a nonstick 10- to 12-inch frying pan over medium-high heat. When pan is hot, add salmon. Cook, turning once, until fish is opaque but still moist-looking in thickest part (cut to test), 7 to 9 minutes total.
- ☐ Transfer the salmon to plates and serve with onion mixture. Season with salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:64.5, Glycemic Load:7.76, Inflammation Score:-7, Nutrition Score:28.459565649862%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 7.41mg, Hesperetin: 7.41mg, Hesperetin: 7.41mg, Hesperetin: 7.41mg Naringenin: 1.33mg, Naringenin: 1.33mg, Naringenin: 1.33mg, Naringenin: 1.33mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 4.26mg, Isorhamnetin: 4.26mg, Isorhamnetin: 4.26mg, Isorhamnetin: 4.26mg Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 17.42mg, Quercetin: 17.42mg, Quercetin: 17.42mg, Quercetin: 17.42mg

Nutrients (% of daily need)

Calories: 366.87kcal (18.34%), Fat: 14.99g (23.07%), Saturated Fat: 2.27g (14.2%), Carbohydrates: 19.82g (6.61%), Net Carbohydrates: 18.25g (6.64%), Sugar: 13.58g (15.09%), Cholesterol: 93.55mg (31.18%), Sodium: 280.07mg (12.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.27g (70.55%), Vitamin B12: 5.41µg (90.15%), Selenium: 62.57µg (89.39%), Vitamin B6: 1.52mg (75.91%), Vitamin B3: 13.72mg (68.58%), Vitamin C: 37.29mg (45.2%), Vitamin B2: 0.69mg (40.47%), Phosphorus: 381.45mg (38.15%), Vitamin B1: 0.48mg (31.96%), Potassium: 1117.43mg (31.93%), Vitamin B5: 3.05mg (30.53%), Copper: 0.49mg (24.71%), Folate: 77.28µg (19.32%), Magnesium: 68.48mg (17.12%), Iron: 1.92mg (10.65%), Manganese: 0.19mg (9.39%), Zinc: 1.29mg (8.6%), Fiber: 1.57g (6.28%),

Calcium: 55.56mg (5.56%), Vitamin E: 0.62mg (4.12%), Vitamin A: 193.74IU (3.87%), Vitamin K: 2.81µg (2.68%)