



Salmon with Balsamic Sauce



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



290 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup balsamic vinegar
- ☐ 4 teaspoons brown sugar packed
- ☐ 4.5 teaspoons juice of lemon
- ☐ 2 teaspoons oil
- ☐ 0.3 teaspoon pepper
- ☐ 4 fillet salmon
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup water

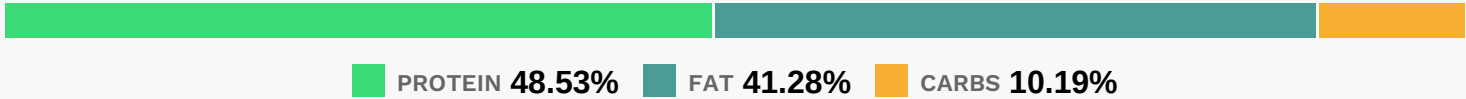
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Sprinkle both sides of fillets with salt and pepper. In a skillet, cook salmon in oil over medium heat for 10 to 15 minutes, until fish flakes easily with a fork.
- ☐ Meanwhile, combine water, vinegar, lemon juice and brown sugar in a small saucepan. Bring to a boil; cook until liquid is reduced to about 1/3 cup.
- ☐ Serve over salmon.

Nutrition Facts



Properties

Glycemic Index:20.5, Glycemic Load:1.37, Inflammation Score:-4, Nutrition Score:23.603043745393%

Flavonoids

Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 289.86kcal (14.49%), Fat: 12.8g (19.69%), Saturated Fat: 1.82g (11.37%), Carbohydrates: 7.11g (2.37%), Net Carbohydrates: 7.06g (2.57%), Sugar: 6.41g (7.12%), Cholesterol: 93.5mg (31.17%), Sodium: 371.09mg (16.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.84g (67.69%), Vitamin B12: 5.41µg (90.1%), Selenium: 62.11µg (88.73%), Vitamin B6: 1.4mg (69.76%), Vitamin B3: 13.37mg (66.86%), Vitamin B2: 0.65mg (38.06%), Phosphorus: 343.84mg (34.38%), Vitamin B5: 2.84mg (28.43%), Vitamin B1: 0.39mg (25.71%), Potassium: 863.68mg (24.68%), Copper: 0.44mg (21.81%), Magnesium: 52.28mg (13.07%), Folate: 43.69µg (10.92%), Iron: 1.52mg (8.46%), Zinc: 1.11mg (7.39%), Manganese: 0.07mg (3.4%), Calcium: 29.54mg (2.95%), Vitamin C: 2.18mg (2.64%), Vitamin E: 0.36mg (2.4%), Vitamin K: 1.63µg (1.55%), Vitamin A: 69.02IU (1.38%)