



HEALTH SCORE

65%

## Salmon with Caramelized Leeks



Gluten Free



Very Healthy

READY IN



55 min.

SERVINGS



4

CALORIES



475 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients



1 tablespoon brown sugar



2 tablespoons butter



3 carrots cut into matchsticks



4 servings kosher salt and ground pepper black to taste



4 servings kosher salt to taste



4 leeks



2 teaspoons olive oil



2 pounds salmon fillet

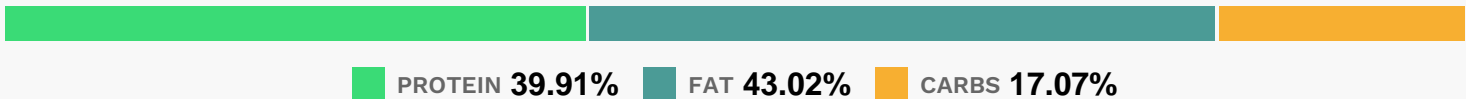
# Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil
- ☐ colander

# Directions

- ☐ Preheat an oven to 425 degrees F (220 degrees C). Line a baking sheet with foil, and spray with cooking spray.
- ☐ Trim away the root end, tough outer leaves, and dark green tops of the leeks.
- ☐ Cut the leeks lengthwise into quarters, then crosswise into thirds. Wash the leeks well to remove any grit, and drain in a colander.
- ☐ Melt the butter in a large skillet over medium-high heat, and cook and stir the leeks until they have started to soften, about 5 minutes.
- ☐ Sprinkle the leeks with brown sugar, and cook until they turn brown, 15 to 20 minutes. Stir in the matchstick carrots, sprinkle with kosher salt, and cook and stir until the carrots are tender, about 5 minutes.
- ☐ Place the salmon on the prepared baking sheet, rub the fillets with olive oil, and sprinkle with salt and pepper. Roast the salmon until the flesh is opaque and flakes easily but isn't dry, about 10 minutes per 1 inch of thickness.
- ☐ Remove the cooked fillets to plates, and top each fillet with 1/4 of the caramelized leeks and carrots.

# Nutrition Facts



# Properties

Glycemic Index:40.21, Glycemic Load:5, Inflammation Score:-10, Nutrition Score:41.89347814477%

# Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 2.49mg, Kaempferol: 2.49mg, Kaempferol: 2.49mg, Kaempferol: 2.49mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 474.62kcal (23.73%), Fat: 22.44g (34.52%), Saturated Fat: 6.15g (38.44%), Carbohydrates: 20.03g (6.68%), Net Carbohydrates: 17.12g (6.23%), Sugar: 8.55g (9.5%), Cholesterol: 139.79mg (46.6%), Sodium: 388.86mg (16.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 46.83g (93.66%), Vitamin A: 9392.82IU (187.86%), Vitamin B12: 7.22µg (120.4%), Selenium: 83.83µg (119.75%), Vitamin B6: 2.13mg (106.37%), Vitamin B3: 18.64mg (93.2%), Vitamin B2: 0.92mg (53.98%), Phosphorus: 502.71mg (50.27%), Vitamin K: 49.73µg (47.36%), Potassium: 1424.96mg (40.71%), Vitamin B5: 4.04mg (40.36%), Vitamin B1: 0.6mg (39.77%), Copper: 0.7mg (34.86%), Folate: 122.61µg (30.65%), Manganese: 0.55mg (27.25%), Magnesium: 96.77mg (24.19%), Iron: 3.87mg (21.48%), Vitamin C: 13.38mg (16.22%), Fiber: 2.91g (11.63%), Zinc: 1.68mg (11.18%), Vitamin E: 1.57mg (10.48%), Calcium: 99.58mg (9.96%)