



Salmon with Cranberry Pistachio Sauce



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



8

CALORIES



485 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound cranberries fresh
- ☐ 1 cup sugar
- ☐ 1 cup orange juice
- ☐ 10 ounces currant jelly red
- ☐ 0.5 cup pistachios chopped
- ☐ 2 pound salmon fillet
- ☐ 2 tablespoons juice of lime fresh
- ☐ 2 tablespoons butter melted

- ☐ 0.5 teaspoon salt
- ☐ 1 serving pistachios chopped

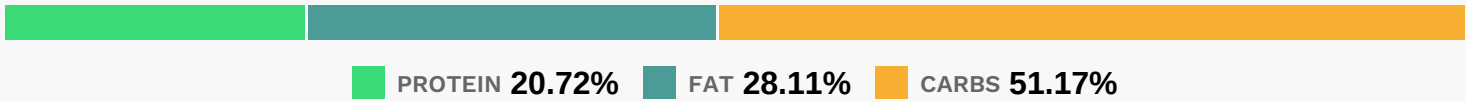
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ broiler pan

Directions

- ☐ In 2-quart saucepan, mix cranberries, sugar, orange juice and jelly.
- ☐ Heat to boiling; reduce heat. Simmer uncovered 20 minutes, skimming off any foam that collects on surface.
- ☐ Remove from heat. Stir in 1/2 cup nuts; keep warm.
- ☐ Set oven control to broil. Spray broiler pan rack with cooking spray.
- ☐ Place fish, skin side down, on rack in broiler pan.
- ☐ Mix lime juice, butter and salt; pour over fish.
- ☐ Broil with top 4 inches from heat 8 to 10 minutes or until fish flakes easily with fork. Top fish with sauce.
- ☐ Sprinkle with nuts.

Nutrition Facts



Properties

Glycemic Index:32.26, Glycemic Load:34.8, Inflammation Score:-6, Nutrition Score:22.38391322675%

Flavonoids

Cyanidin: 27.15mg, Cyanidin: 27.15mg, Cyanidin: 27.15mg, Cyanidin: 27.15mg Delphinidin: 4.35mg, Delphinidin: 4.35mg, Delphinidin: 4.35mg, Delphinidin: 4.35mg Malvidin: 0.25mg, Malvidin: 0.25mg, Malvidin: 0.25mg, Malvidin: 0.25mg Pelargonidin: 0.18mg, Pelargonidin: 0.18mg, Pelargonidin: 0.18mg, Pelargonidin: 0.18mg Peonidin: 27.87mg, Peonidin: 27.87mg, Peonidin: 27.87mg, Peonidin: 27.87mg Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg Epigallocatechin: 0.65mg, Epigallocatechin: 0.65mg, Epigallocatechin: 0.65mg, Epigallocatechin: 0.65mg

Epigallocatechin: 0.65mg Epicatechin: 2.57mg, Epicatechin: 2.57mg, Epicatechin: 2.57mg, Epicatechin: 2.57mg
Epigallocatechin 3–gallate: 0.59mg, Epigallocatechin 3–gallate: 0.59mg, Epigallocatechin 3–gallate: 0.59mg,
Epigallocatechin 3–gallate: 0.59mg Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg
Hesperetin: 4.04mg, Hesperetin: 4.04mg, Hesperetin: 4.04mg, Hesperetin: 4.04mg Naringenin: 0.68mg,
Naringenin: 0.68mg, Naringenin: 0.68mg, Naringenin: 0.68mg Kaempferol: 0.07mg, Kaempferol: 0.07mg,
Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 3.77mg, Myricetin: 3.77mg, Myricetin: 3.77mg, Myricetin:
3.77mg Quercetin: 8.67mg, Quercetin: 8.67mg, Quercetin: 8.67mg, Quercetin: 8.67mg

Nutrients (% of daily need)

Calories: 484.8kcal (24.24%), Fat: 15.33g (23.58%), Saturated Fat: 2.33g (14.59%), Carbohydrates: 62.77g (20.92%),
Net Carbohydrates: 59.11g (21.49%), Sugar: 48.08g (53.42%), Cholesterol: 62.37mg (20.79%), Sodium: 241.46mg
(10.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.42g (50.84%), Selenium: 43.12µg (61.61%), Vitamin
B12: 3.61µg (60.16%), Vitamin B6: 1.17mg (58.57%), Vitamin B3: 9.26mg (46.29%), Vitamin C: 28.31mg (34.32%),
Phosphorus: 301.18mg (30.12%), Vitamin B2: 0.5mg (29.59%), Vitamin B1: 0.4mg (26.35%), Copper: 0.51mg
(25.63%), Potassium: 811.36mg (23.18%), Vitamin B5: 2.19mg (21.86%), Manganese: 0.38mg (18.85%), Fiber: 3.66g
(14.64%), Magnesium: 55.06mg (13.77%), Folate: 48.23µg (12.06%), Iron: 1.73mg (9.6%), Vitamin E: 1.18mg (7.85%),
Zinc: 1.07mg (7.1%), Vitamin A: 314.88IU (6.3%), Calcium: 42.3mg (4.23%), Vitamin K: 2.89µg (2.75%)