



Salmon With Ginger-Orange Glaze

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



87 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup flour all-purpose
- ☐ 1 inch ginger fresh peeled cut into 8 slices
- ☐ 1 tablespoon honey
- ☐ 2 tablespoons soya sauce low-sodium
- ☐ 1 tablespoon olive oil
- ☐ 0.8 cup orange juice
- ☐ 0.3 teaspoon pepper
- ☐ 1 tablespoon rice vinegar

- ☐ 6 ounce salmon fillet ()
- ☐ 0.8 teaspoon salt

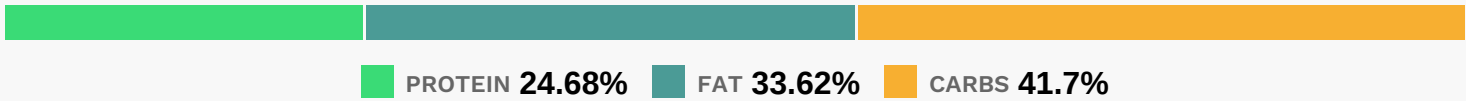
Equipment

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

Directions

- ☐ Combine the orange juice and the next 4 ingredients (through ginger slices) in a medium saucepan and bring the mixture to a boil; cook 8 minutes or until the glaze is thickened and syrupy.
- ☐ Remove the ginger slices, and discard.
- ☐ Meanwhile, combine flour, salt, and pepper in a shallow dish. Then dredge salmon in flour mixture.
- ☐ Heat the olive oil in a large nonstick skillet over medium-high heat. Working in batches, sear the salmon for 4 minutes or until deeply golden.
- ☐ Brush both sides of the fish with the warmed glaze.
- ☐ Place the salmon, seared side up, on a baking sheet that's lined with foil and lightly coated with cooking spray.
- ☐ Finish cooking the salmon in a preheated 425 oven 4 minutes or until heated through and opaque in the middle.
- ☐ Garnish with green onions.

Nutrition Facts



Properties

Glycemic Index:34.53, Glycemic Load:5.27, Inflammation Score:-2, Nutrition Score:5.0800000040428%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 2.78mg, Hesperetin: 2.78mg, Hesperetin: 2.78mg, Hesperetin: 2.78mg Naringenin: 0.5mg, Naringenin: 0.5mg, Naringenin: 0.5mg, Naringenin: 0.5mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 86.56kcal (4.33%), Fat: 3.22g (4.95%), Saturated Fat: 0.47g (2.92%), Carbohydrates: 8.98g (2.99%), Net Carbohydrates: 8.72g (3.17%), Sugar: 4.16g (4.62%), Cholesterol: 11.69mg (3.9%), Sodium: 372.01mg (16.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.31g (10.62%), Vitamin C: 11.68mg (14.16%), Selenium: 9.61µg (13.73%), Vitamin B12: 0.68µg (11.27%), Vitamin B3: 2.13mg (10.64%), Vitamin B6: 0.19mg (9.71%), Vitamin B1: 0.11mg (7.45%), Vitamin B2: 0.12mg (7.32%), Folate: 23.74µg (5.94%), Phosphorus: 59.32mg (5.93%), Potassium: 176.27mg (5.04%), Vitamin B5: 0.44mg (4.38%), Copper: 0.08mg (3.84%), Manganese: 0.07mg (3.64%), Magnesium: 13.19mg (3.3%), Iron: 0.55mg (3.04%), Vitamin E: 0.28mg (1.89%), Zinc: 0.23mg (1.51%), Vitamin K: 1.2µg (1.14%), Vitamin A: 55.35IU (1.11%), Fiber: 0.25g (1.01%)