



Salmon with Marmalade-Balsamic Sauce

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



4

CALORIES



153 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup balsamic vinegar
- 1 teaspoon rosemary leaves dried fresh minced crumbled
- 0.3 teaspoon fresh-ground pepper
- 0.3 cup orange marmalade
- 0.5 cup onion red thin
- 1 fillet boned salmon thick
- 4 servings salt

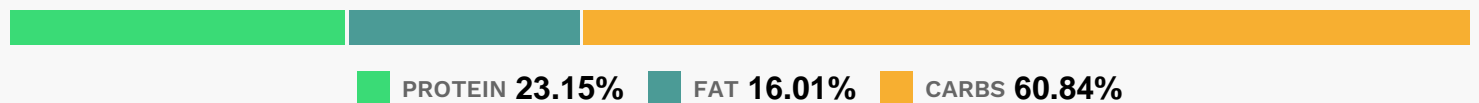
Equipment

- frying pan
- oven
- spatula

Directions

- Rinse salmon, pat dry, and lay skin down in a lightly oiled shallow 3-quart casserole (about 9 by 13 in.). Rub 1/4 teaspoon pepper over salmon.
- Bake in a 400 oven until fish is opaque but still moist-looking in center of thickest part (cut to test), about 15 minutes.
- Meanwhile, in a 1- to 1 1/2-quart pan over high heat, combine rosemary, marmalade, balsamic vinegar, and onion. Boil, stirring often, until reduced to 1/2 cup.
- Cut salmon into equal pieces; use a wide spatula to transfer to plates. Spoon onion mixture over and around salmon.
- Add salt to taste.

Nutrition Facts



Properties

Glycemic Index:27.25, Glycemic Load:2.24, Inflammation Score:-2, Nutrition Score:6.8634782919417%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg

Nutrients (% of daily need)

Calories: 153kcal (7.65%), Fat: 2.72g (4.18%), Saturated Fat: 0.43g (2.67%), Carbohydrates: 23.25g (7.75%), Net Carbohydrates: 22.69g (8.25%), Sugar: 20.03g (22.25%), Cholesterol: 23.38mg (7.79%), Sodium: 233.14mg (10.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.85g (17.7%), Selenium: 15.78µg (22.54%), Vitamin B12: 1.35µg (22.53%), Vitamin B6: 0.38mg (18.86%), Vitamin B3: 3.38mg (16.9%), Vitamin B2: 0.17mg (10.23%), Phosphorus: 96.12mg (9.61%), Potassium: 272.98mg (7.8%), Vitamin B5: 0.74mg (7.38%), Copper: 0.15mg (7.27%), Vitamin B1: 0.11mg (7.12%), Magnesium: 17.65mg (4.41%), Folate: 16.87µg (4.22%), Manganese: 0.08mg (4.12%), Vitamin C: 2.77mg (3.35%), Iron: 0.59mg (3.28%), Calcium: 26.32mg (2.63%), Fiber: 0.56g (2.25%), Zinc: 0.34mg (2.24%)