Salmon with Orange-Fennel Sauce

Gluten Free | Dairy Free | Very Healthy

READY IN	SERVINGS	CALORIES
45 min.	4	258 kcal

LUNCH | MAIN COURSE | MAIN DISH | DINNER

Ingredients

- [ ] 0.1 teaspoon pepper black
- [ ] 1 teaspoon fennel seeds crushed
- [ ] 1 teaspoon rosemary fresh chopped
- [ ] 0.5 cup orange juice fresh
- [ ] 2 teaspoons orange rind grated
- [ ] 24 ounce salmon fillet ()
- [ ] 0.3 teaspoon salt

Equipment

- [ ] sauce pan
- [ ] broiler
- [ ] ziploc bags
- [ ] broiler pan

Directions

- [ ] Combine first 4 ingredients in a large zip-top plastic bag; add fish. Seal and marinate in refrigerator 20 minutes, turning once.
- [ ] Prepare broiler.
- [ ] Remove fish from bag, reserving marinade.
- [ ] Place fish, skin sides down, on a broiler pan coated with cooking spray; sprinkle with salt and pepper. Broil 10 minutes or until fish flakes easily when tested with a fork.
- [ ] Bring reserved marinade to a boil in a small saucepan. Reduce heat, and simmer 3 minutes.
- [ ] Serve sauce with fish.

Nutrition Facts

PROTEIN **54.57%** FAT **39.38%** CARBS **6.05%**

Properties

Glycemic Index:21, Glycemic Load:1.65, Inflammation Score:-5, Nutrition Score:24.788695842352%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg Naringenin: 0.67mg, Naringenin: 0.67mg, Naringenin: 0.67mg, Naringenin: 0.67mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 258.37kcal (12.92%), Fat: 10.93g (16.81%), Saturated Fat: 1.68g (10.5%), Carbohydrates: 3.78g (1.26%), Net Carbohydrates: 3.39g (1.23%), Sugar: 2.6g (2.89%), Cholesterol: 93.55mg (31.18%), Sodium: 220.98mg (9.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.07g (68.13%), Vitamin B12: 5.41µg (90.15%), Selenium: 62.13µg (88.76%), Vitamin B6: 1.41mg (70.41%), Vitamin B3: 13.53mg (67.67%), Vitamin B2: 0.66mg (38.73%), Phosphorus: 348.22mg (34.82%), Vitamin B5: 2.9mg (28.95%), Vitamin B1: 0.42mg (27.71%), Potassium: 907.09mg (25.92%), Copper: 0.45mg (22.31%), Vitamin C: 16.97mg (20.57%), Magnesium: 55.02mg (13.75%), Folate: 52.16µg

(13.04%), Iron: 1.53mg (8.51%), Zinc: 1.13mg (7.51%), Manganese: 0.07mg (3.64%), Calcium: 31.86mg (3.19%), Vitamin A: 135.99IU (2.72%), Fiber: 0.39g (1.55%)