



HEALTH SCORE

59%

Salmon with Orange Marmalade



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



298 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 garlic cloves minced
- ☐ 2 tablespoons soya sauce low-sodium
- ☐ 0.3 cup orange marmalade
- ☐ 1.5 pound salmon fillet
- ☐ 0.3 teaspoon salt

Equipment

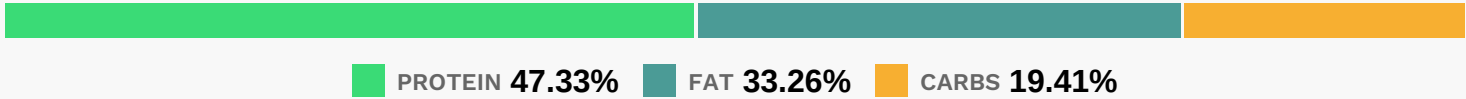
- ☐ oven
- ☐ whisk

- ☐ aluminum foil
- ☐ broiler
- ☐ broiler pan

Directions

- ☐ Preheat oven to 40
- ☐ Combine first 3 ingredients, stirring with a whisk.
- ☐ Place salmon on rack of a broiler pan lined with foil; sprinkle fish evenly with salt.
- ☐ Spread half of marmalade mixture over fish.
- ☐ Bake at 400 for 18 minutes or until fish flakes easily when tested with a fork.
- ☐ Remove from oven.
- ☐ Spread remaining marmalade mixture evenly over fish.
- ☐ Preheat broiler.
- ☐ Broil fish 3 minutes or until topping browns.

Nutrition Facts



Properties

Glycemic Index:7.5, Glycemic Load:0.14, Inflammation Score:-4, Nutrition Score:23.927826607519%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 297.53kcal (14.88%), Fat: 10.82g (16.64%), Saturated Fat: 1.67g (10.45%), Carbohydrates: 14.2g (4.73%), Net Carbohydrates: 13.98g (5.08%), Sugar: 12.06g (13.39%), Cholesterol: 93.55mg (31.18%), Sodium: 519.64mg (22.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.63g (69.25%), Vitamin B12: 5.41µg (90.15%), Selenium: 62.46µg (89.23%), Vitamin B6: 1.43mg (71.33%), Vitamin B3: 13.48mg (67.41%), Vitamin B2: 0.67mg (39.54%), Phosphorus: 356.57mg (35.66%), Vitamin B5: 2.87mg (28.68%), Vitamin B1: 0.39mg (26.11%), Potassium: 875.08mg (25%), Copper: 0.45mg (22.59%), Magnesium: 55.63mg (13.91%), Folate: 47.89µg (11.97%), Iron: 1.53mg (8.48%), Zinc: 1.18mg (7.85%), Manganese: 0.09mg (4.53%), Calcium: 33.22mg (3.32%), Vitamin C: 1.43mg (1.73%),

Vitamin A: 80.57IU (1.61%)