



Seared Salmon with Balsamic Glaze



Gluten Free



Dairy Free



Low Fod Map

READY IN



15 min.

SERVINGS



4

CALORIES



292 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup balsamic vinegar
- ☐ 1.5 tablespoons juice of lemon fresh
- ☐ 4 teaspoons brown sugar light packed
- ☐ 24 ounce salmon fillet
- ☐ 2 teaspoons vegetable oil
- ☐ 0.3 cup water

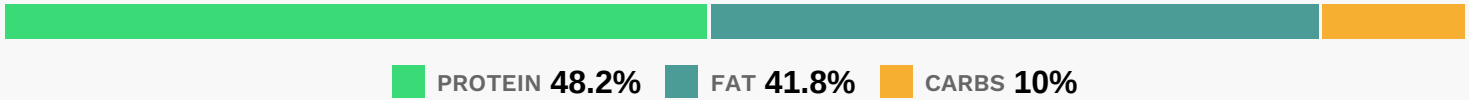
Equipment

- ☐ frying pan

Directions

- ☐ Stir together vinegar, water, lemon juice, and brown sugar.
- ☐ Pat salmon dry and season with salt and pepper.
- ☐ Heat oil in a 12-inch nonstick skillet over moderately high heat until hot but not smoking. Increase heat to high and sear salmon, skin sides up, until well browned, about 4 minutes. Turn fish over and sear until just cooked through, 3 to 4 minutes more.
- ☐ Transfer salmon to plates and carefully add vinegar mixture to skillet (liquid will bubble vigorously and steam). Simmer, stirring, until thickened and reduced to about 1/3 cup, about 2 minutes.
- ☐ Spoon glaze over salmon.

Nutrition Facts



Properties

Glycemic Index:12.5, Glycemic Load:1.36, Inflammation Score:-4, Nutrition Score:23.609565162464%

Flavonoids

Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 291.89kcal (14.59%), Fat: 13.05g (20.07%), Saturated Fat: 2.01g (12.59%), Carbohydrates: 7.03g (2.34%), Net Carbohydrates: 7.01g (2.55%), Sugar: 6.4g (7.12%), Cholesterol: 93.55mg (31.18%), Sodium: 80.42mg (3.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.85g (67.7%), Vitamin B12: 5.41µg (90.15%), Selenium: 62.14µg (88.77%), Vitamin B6: 1.4mg (69.78%), Vitamin B3: 13.38mg (66.9%), Vitamin B2: 0.65mg (38.07%), Phosphorus: 343.83mg (34.38%), Vitamin B5: 2.84mg (28.43%), Vitamin B1: 0.39mg (25.72%), Potassium: 862.44mg (24.64%), Copper: 0.43mg (21.73%), Magnesium: 52.09mg (13.02%), Folate: 43.69µg (10.92%), Iron: 1.51mg (8.38%), Zinc: 1.11mg (7.38%), Vitamin K: 4.14µg (3.94%), Calcium: 28.82mg (2.88%), Vitamin C: 2.18mg (2.64%), Manganese: 0.05mg (2.57%), Vitamin A: 68.38IU (1.37%), Vitamin E: 0.19mg (1.28%)