



Serrano-Orange Glazed Salmon



Gluten Free



Dairy Free



Low Fod Map

READY IN



51 min.

SERVINGS



51

CALORIES



45 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 slices oscar mayer bacon chopped
- ☐ 0.3 cup 1/3 cup kraft zesty italian dressing italian divided kraft
- ☐ 0.5 cup orange marmalade
- ☐ 1 bell pepper red cut into thin strips
- ☐ 2 lb salmon fillet
- ☐ 2 serrano chiles chopped

Equipment

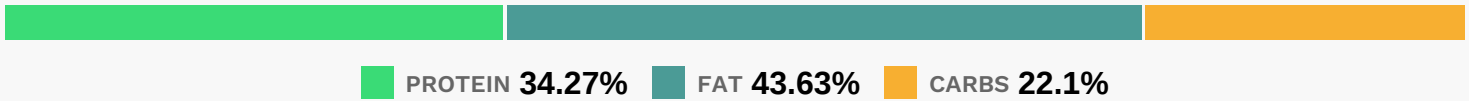
- ☐ frying pan

☐ ziploc bags

Directions

- ☐ Mix marmalade, 2 Tbsp. of the dressing and the chiles; cover and set aside.
- ☐ Pour remaining dressing over fish in resealable plastic bag; seal bag. Turn bag over several times to evenly coat fish with dressing. Refrigerate 20 min. to marinate.
- ☐ Remove fish from marinade; discard bag and marinade.
- ☐ Place fish in medium skillet; cook on medium heat 5 min. on each side or until fish flakes easily with fork, brushing occasionally with 2 Tbsp. of the marmalade mixture.
- ☐ Transfer fish to serving plate; cover to keep warm.
- ☐ Add bacon to same skillet; cook 8 min. or until crisp, stirring occasionally.
- ☐ Add peppers; cook and stir 3 min. or until crisp-tender. Stir in remaining marmalade mixture. Spoon over fish.

Nutrition Facts



Properties

Glycemic Index:0.63, Glycemic Load:0.03, Inflammation Score:-1, Nutrition Score:2.9404347870985%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 44.54kcal (2.23%), Fat: 2.14g (3.3%), Saturated Fat: 0.45g (2.82%), Carbohydrates: 2.44g (0.81%), Net Carbohydrates: 2.36g (0.86%), Sugar: 2.16g (2.39%), Cholesterol: 10.92mg (3.64%), Sodium: 36.38mg (1.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.79g (7.58%), Selenium: 6.89µg (9.85%), Vitamin B12: 0.57µg (9.57%), Vitamin B6: 0.16mg (7.98%), Vitamin B3: 1.5mg (7.49%), Vitamin B2: 0.07mg (4.23%), Vitamin C: 3.25mg (3.94%), Phosphorus: 39.12mg (3.91%), Vitamin B5: 0.31mg (3.14%), Vitamin B1: 0.05mg (3.12%), Potassium: 98.67mg (2.82%), Copper: 0.05mg (2.45%), Vitamin A: 85.51IU (1.71%), Folate: 5.86µg (1.46%), Magnesium: 5.84mg (1.46%)