

Simple Salmon with Balsamic Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



379 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup balsamic vinegar
- ☐ 0.5 cup parsley fresh chopped
- ☐ 0.5 teaspoon garlic minced
- ☐ 1 optional: lemon halved
- ☐ 16 ounce salmon fillet boneless skinless
- ☐ 2 tablespoons soya sauce
- ☐ 0.5 cup vegan margarine melted smart balance® such as
- ☐ 2 tablespoons sugar white

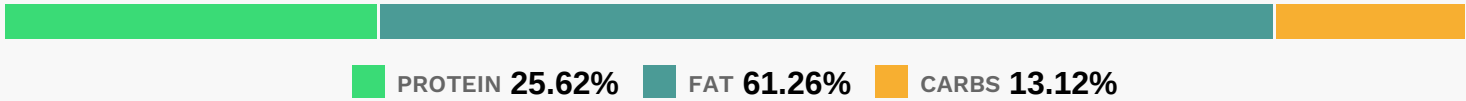
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C).
- ☐ Dip salmon fillets in melted margarine, covering both sides.
- ☐ Place in a baking dish. Squeeze lemons evenly over each fillet.
- ☐ Whisk balsamic vinegar, soy sauce, sugar, and garlic together in a bowl; spoon over salmon fillets.
- ☐ Sprinkle with parsley; drizzle any remaining butter over fillets.
- ☐ Bake in the preheated oven until fish is opaque and flakes easily with a fork, about 30 minutes.
- ☐ Remove from oven and cover with aluminum foil for 3 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:55.65, Glycemic Load:6.17, Inflammation Score:-9, Nutrition Score:25.910434899123%

Flavonoids

Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 1.25mg, Myricetin: 1.25mg, Myricetin: 1.25mg, Myricetin: 1.25mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 379.34kcal (18.97%), Fat: 25.62g (39.41%), Saturated Fat: 5.85g (36.56%), Carbohydrates: 12.35g (4.12%), Net Carbohydrates: 11.26g (4.1%), Sugar: 9.27g (10.3%), Cholesterol: 62.37mg (20.79%), Sodium: 743.66mg (32.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.11g (48.21%), Vitamin K: 138.69µg (132.08%), Vitamin B12: 3.61µg (60.1%), Selenium: 41.67µg (59.52%), Vitamin B6: 0.98mg (48.93%), Vitamin B3: 9.4mg (46.98%), Vitamin E: 5.56mg (37.07%), Vitamin A: 1762IU (35.24%), Vitamin C: 24.4mg (29.58%), Vitamin B2: 0.46mg (26.99%), Phosphorus: 251.9mg (25.19%), Vitamin B5: 2mg (20.04%), Potassium: 680.92mg (19.45%), Vitamin B1: 0.28mg (18.64%), Copper: 0.32mg (16.12%), Magnesium: 44.4mg (11.1%), Folate: 44.35µg (11.09%), Iron: 1.87mg (10.4%), Zinc: 0.88mg (5.86%), Manganese: 0.11mg (5.53%), Fiber: 1.08g (4.33%), Calcium: 37.82mg (3.78%)