



## Soy-Maple Salmon

 Dairy Free  Very Healthy

READY IN



35 min.

SERVINGS



4

CALORIES



342 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 4 cups cauliflower florets from 1 small head
- ☐ 2 tablespoons cranberries dried
- ☐ 0.3 cup chicken broth fat-free low-sodium or use water
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 3 cloves garlic smashed
- ☐ 4 servings kosher salt and pepper freshly ground
- ☐ 2 tablespoons soya sauce low-sodium
- ☐ 2 tablespoons maple syrup

- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 1 tablespoon orange juice fresh
- ☐ 1 teaspoon orange zest grated
- ☐ 2 tablespoons pistachios chopped
- ☐ 20 ounce center-cut salmon fillets wild skinless preferably

## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ plastic wrap
- ☐ microwave

## Directions

- ☐ Preheat the oven to 400 degrees F.
- ☐ Mix the soy sauce, maple syrup, orange juice, 2 garlic cloves and 2 tablespoons water in a large bowl; add the salmon and turn to coat. Cover and refrigerate 20 minutes.
- ☐ Meanwhile, put the cauliflower and broth in a microwave-safe bowl; cover loosely with plastic wrap and microwave until tender, 6 minutes.
- ☐ Coat a rimmed baking sheet with cooking spray.
- ☐ Drain the fish, season with salt and pepper and place on the prepared baking sheet.
- ☐ Bake until slightly golden around the edges, 8 to 10 minutes.
- ☐ Meanwhile, heat the olive oil and remaining garlic clove in a large skillet over medium-high heat; cook, breaking up the garlic with a spoon, until softened, about 2 minutes.
- ☐ Add the cauliflower and broth, the cranberries, pistachios, orange zest, parsley, 1/4 teaspoon salt, and pepper to taste and stir to heat through.
- ☐ Serve with the fish.

## Nutrition Facts



Properties

Glycemic Index:50.13, Glycemic Load:3.98, Inflammation Score:-7, Nutrition Score:31.213913108992%

Flavonoids

Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Apigenin: 4.34mg, Apigenin: 4.34mg, Apigenin: 4.34mg, Apigenin: 4.34mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.52mg, Myricetin: 0.52mg, Myricetin: 0.52mg, Myricetin: 0.52mg Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg

Nutrients (% of daily need)

Calories: 341.79kcal (17.09%), Fat: 14.7g (22.61%), Saturated Fat: 2.25g (14.08%), Carbohydrates: 21.01g (7%), Net Carbohydrates: 18g (6.54%), Sugar: 14.09g (15.66%), Cholesterol: 77.96mg (25.99%), Sodium: 581.53mg (25.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.07g (64.15%), Selenium: 53.02µg (75.74%), Vitamin B12: 4.52µg (75.37%), Vitamin B6: 1.46mg (72.83%), Vitamin C: 54.59mg (66.17%), Vitamin B3: 12.1mg (60.52%), Vitamin K: 51.02µg (48.59%), Vitamin B2: 0.76mg (44.91%), Phosphorus: 369.61mg (36.96%), Potassium: 1128.76mg (32.25%), Vitamin B5: 3.12mg (31.19%), Vitamin B1: 0.42mg (28.29%), Manganese: 0.55mg (27.42%), Folate: 102.4µg (25.6%), Copper: 0.47mg (23.52%), Magnesium: 70.86mg (17.71%), Fiber: 3.01g (12.06%), Iron: 2.08mg (11.53%), Zinc: 1.47mg (9.78%), Calcium: 65.77mg (6.58%), Vitamin E: 0.88mg (5.87%), Vitamin A: 251.54IU (5.03%)