

 **100%**
HEALTH SCORE

Sweet and Spicy Salmon

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



45 min.

SERVINGS



4

CALORIES



345 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 teaspoons apple cider vinegar
- 1 pint blueberries
- 4 pepper flakes dried seeded (1 inch long)
- 4 cloves garlic finely chopped
- 4 fillet salmon wild
- 0.3 teaspoon salt
- 1 teaspoon sesame oil
- 1 teaspoon sugar

0.3 cup water

Equipment

frying pan

wooden spoon

Directions

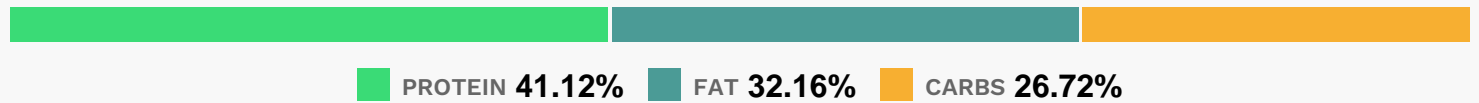
Place chiles and water in a skillet and simmer until soft, about 2 minutes.

Add sesame oil and garlic; cook until fragrant, 1 to 2 minutes. Stir in blueberries, apple cider vinegar, sugar and salt. Bring to a boil and cook, mashing berries with a wooden spoon until a thick sauce forms, 5 minutes.

Remove from heat. Divide sauce over salmon fillets.

Self

Nutrition Facts



Properties

Glycemic Index:56.27, Glycemic Load:8.2, Inflammation Score:-8, Nutrition Score:33.917391362398%

Flavonoids

Cyanidin: 10.01mg, Cyanidin: 10.01mg, Cyanidin: 10.01mg, Cyanidin: 10.01mg Petunidin: 37.3mg, Petunidin: 37.3mg, Petunidin: 37.3mg, Petunidin: 37.3mg Delphinidin: 41.91mg, Delphinidin: 41.91mg, Delphinidin: 41.91mg, Delphinidin: 41.91mg Malvidin: 79.95mg, Malvidin: 79.95mg, Malvidin: 79.95mg, Malvidin: 79.95mg Peonidin: 24mg, Peonidin: 24mg, Peonidin: 24mg, Peonidin: 24mg Catechin: 6.26mg, Catechin: 6.26mg, Catechin: 6.26mg, Catechin: 6.26mg Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg Epicatechin: 0.73mg, Epicatechin: 0.73mg, Epicatechin: 0.73mg, Epicatechin: 0.73mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Kaempferol: 1.97mg, Kaempferol: 1.97mg, Kaempferol: 1.97mg, Kaempferol: 1.97mg Myricetin: 1.59mg, Myricetin: 1.59mg, Myricetin: 1.59mg, Myricetin: 1.59mg Quercetin: 9.13mg, Quercetin: 9.13mg, Quercetin: 9.13mg, Quercetin: 9.13mg Gallocatechin: 0.14mg, Gallocatechin: 0.14mg, Gallocatechin: 0.14mg, Gallocatechin: 0.14mg

Nutrients (% of daily need)

Calories: 345.04kcal (17.25%), Fat: 12.38g (19.05%), Saturated Fat: 1.86g (11.65%), Carbohydrates: 23.15g (7.72%), Net Carbohydrates: 19.58g (7.12%), Sugar: 15.22g (16.91%), Cholesterol: 93.5mg (31.17%), Sodium: 226.88mg

(9.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.64g (71.27%), Vitamin C: 77.08mg (93.42%), Vitamin B12: 5.41µg (90.1%), Selenium: 62.83µg (89.76%), Vitamin B6: 1.72mg (85.85%), Vitamin B3: 14.44mg (72.19%), Vitamin B2: 0.74mg (43.33%), Phosphorus: 378.54mg (37.85%), Vitamin B1: 0.47mg (31.09%), Potassium: 1084.72mg (30.99%), Vitamin B5: 3.08mg (30.84%), Manganese: 0.57mg (28.59%), Copper: 0.56mg (28.12%), Vitamin K: 29.32µg (27.92%), Magnesium: 67.9mg (16.97%), Folate: 60.04µg (15.01%), Fiber: 3.58g (14.31%), Iron: 2.22mg (12.32%), Vitamin A: 560.55IU (11.21%), Zinc: 1.43mg (9.55%), Vitamin E: 1mg (6.67%), Calcium: 40.12mg (4.01%)