



 **100%**
HEALTH SCORE

Teriyaki Roasted Salmon with Oranges, Fingerling Potatoes and Haricots Verts

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

READY IN



40 min.

SERVINGS



4

CALORIES



518 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon brown sugar
- 11 ounce mandarin orange segments drained canned
- 3 cloves garlic minced
- 0.5 cup soya sauce reduced-sodium
- 2 tablespoons blackstrap molasses
- 2 pounds salmon fillet whole
- 4 servings salt and pepper black freshly ground

- 2 cups string beans
- 1 pound yukon gold potatoes cut into thin strips

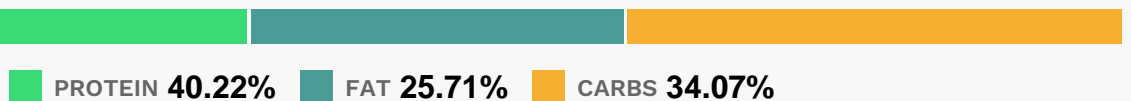
Equipment

- bowl
- frying pan
- baking sheet
- oven
- whisk
- roasting pan

Directions

- Preheat oven to 400 degrees F.
- Coat a large roasting pan and large baking sheet with cooking spray.
- Season salmon with salt and pepper and place in prepared roasting pan. In a small bowl, whisk together soy sauce, molasses, brown sugar, and garlic.
- Pour mixture over salmon in pan. Arrange oranges over salmon, set aside.
- Arrange potatoes and haricots verts on baking sheet and spray with cooking spray. Season with salt and freshly ground black pepper.
- Roast salmon and vegetables for 20 to 25 minutes, until fish is fork-tender and potatoes are golden brown and tender.
- Remove from oven.
- Serve about 2/3 of the salmon, about 16 ounces or 4 fillets with all of the vegetables. Reserve remaining salmon about 8 ounces or 2 fillets for the linguine, if desired

Nutrition Facts



Properties

Glycemic Index:58.94, Glycemic Load:19.09, Inflammation Score:-9, Nutrition Score:44.314347806184%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 1.16mg, Kaempferol: 1.16mg, Kaempferol: 1.16mg, Kaempferol: 1.16mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 2.33mg, Quercetin: 2.33mg, Quercetin: 2.33mg, Quercetin: 2.33mg

Nutrients (% of daily need)

Calories: 518.21kcal (25.91%), Fat: 14.75g (22.7%), Saturated Fat: 2.3g (14.38%), Carbohydrates: 43.98g (14.66%), Net Carbohydrates: 38.77g (14.1%), Sugar: 19.67g (21.86%), Cholesterol: 124.74mg (41.58%), Sodium: 1266.23mg (55.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 51.92g (103.84%), Selenium: 86.06µg (122.95%), Vitamin B6: 2.45mg (122.41%), Vitamin B12: 7.21µg (120.2%), Vitamin B3: 20.25mg (101.24%), Vitamin C: 56.18mg (68.1%), Vitamin B2: 1.06mg (62.28%), Phosphorus: 607.44mg (60.74%), Potassium: 2083.33mg (59.52%), Vitamin B1: 0.74mg (49.23%), Vitamin B5: 4.43mg (44.34%), Copper: 0.83mg (41.66%), Magnesium: 161.38mg (40.34%), Manganese: 0.67mg (33.45%), Vitamin A: 1496.09IU (29.92%), Folate: 111.03µg (27.76%), Vitamin K: 26.01µg (24.77%), Iron: 4.45mg (24.71%), Fiber: 5.21g (20.84%), Zinc: 2.63mg (17.56%), Calcium: 107.6mg (10.76%), Vitamin E: 0.49mg (3.25%)