



Triple Citrus Glazed Grilled Salmon

 Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



467 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon butter
- 0.3 cup chicken stock see
- 1 garlic clove minced
- 1 pinch kosher salt and freshly cracked pepper black
- 4 servings kosher salt and freshly cracked pepper black
- 0.3 cup juice of lemon fresh
- 1 tablespoon brown sugar light
- 0.3 cup juice of lime fresh

- 4 servings olive oil extra-virgin for brushing
- 0.8 cup orange juice fresh
- 2 tablespoons orange marmalade
- 1 tablespoon rice wine vinegar
- 24 ounce salmon fillet
- 2 tablespoons soya sauce

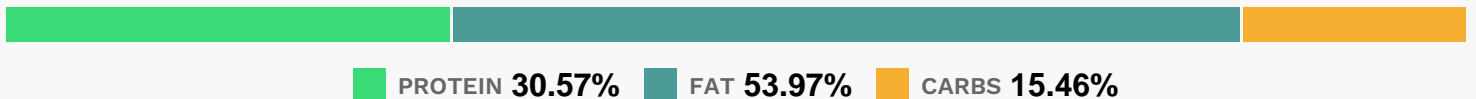
Equipment

- sauce pan
- grill

Directions

- Watch how to make this recipe.
- Glaze: Bring all of the ingredients to a boil in a medium-sized saucepan over medium heat, stirring to melt the preserves and to keep the mixture from burning. Reduce the heat to a simmer and let the glaze reduce until syrupy, about 15 to 20 minutes. Adjust the seasonings with salt and freshly cracked pepper, to taste.
- Heat a grill to medium-high heat.
- Brush both sides of the fillets with olive oil just before grilling, then season with salt and pepper, to taste. Grill the salmon for about 4 minutes per side, brushing with the glaze during the final few minutes of cooking.
- Transfer the salmon to serving plates and brush them with the remaining glaze before serving.

Nutrition Facts



Properties

Glycemic Index:49.25, Glycemic Load:2.6, Inflammation Score:-6, Nutrition Score:28.055652478467%

Flavonoids

Eriodictyol: 1.15mg, Eriodictyol: 1.15mg, Eriodictyol: 1.15mg, Eriodictyol: 1.15mg Hesperetin: 9.12mg, Hesperetin: 9.12mg, Hesperetin: 9.12mg, Hesperetin: 9.12mg Naringenin: 1.26mg, Naringenin: 1.26mg, Naringenin: 1.26mg, Naringenin: 1.26mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 467.09kcal (23.35%), Fat: 27.96g (43.01%), Saturated Fat: 5.47g (34.17%), Carbohydrates: 18.02g (6.01%), Net Carbohydrates: 17.66g (6.42%), Sugar: 13.86g (15.4%), Cholesterol: 101.53mg (33.84%), Sodium: 832.86mg (36.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.62g (71.25%), Vitamin B12: 5.41µg (90.25%), Selenium: 62.82µg (89.75%), Vitamin B6: 1.46mg (73.12%), Vitamin B3: 14.2mg (70.99%), Vitamin C: 34.43mg (41.74%), Vitamin B2: 0.7mg (40.93%), Phosphorus: 369.85mg (36.99%), Vitamin B5: 3.01mg (30.05%), Vitamin B1: 0.45mg (29.76%), Potassium: 1006.51mg (28.76%), Copper: 0.49mg (24.28%), Folate: 64.46µg (16.12%), Magnesium: 61.54mg (15.39%), Vitamin E: 2.18mg (14.55%), Iron: 1.86mg (10.31%), Vitamin K: 8.85µg (8.43%), Zinc: 1.21mg (8.06%), Vitamin A: 263.7IU (5.27%), Manganese: 0.1mg (5.12%), Calcium: 39.8mg (3.98%), Fiber: 0.36g (1.43%)