



Balsamic Glazed Salmon Fillets

 Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



237 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 Tbsp balsamic vinaigrette dressing kraft
- 4.5 tsp grey poupon country dijon mustard
- 2 Tbsp pancake syrup
- 1 lb salmon fillet skinless
- 2 tsp soya sauce

Equipment

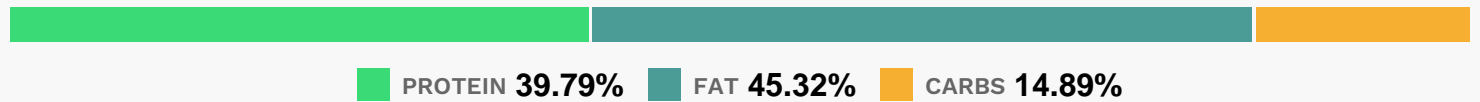
- baking sheet
- oven

aluminum foil

Directions

- Mix first 4 ingredients;
- Pour over fish in shallow dish. Turn to evenly coat fish. Refrigerate 30 min. to marinate.
- Heat oven to 450F.
- Remove fish from marinade; discard marinade.
- Place fish on foil-covered baking sheet.
- Bake 8 to 10 min. or until fish flakes easily with fork.

Nutrition Facts



Properties

Glycemic Index:11.75, Glycemic Load:0.04, Inflammation Score:-3, Nutrition Score:16.017391266301%

Nutrients (% of daily need)

Calories: 237.11kcal (11.86%), Fat: 11.67g (17.95%), Saturated Fat: 1.6g (10.02%), Carbohydrates: 8.62g (2.87%), Net Carbohydrates: 8.36g (3.04%), Sugar: 0.51g (0.56%), Cholesterol: 62.77mg (20.92%), Sodium: 390.4mg (16.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.05g (46.11%), Selenium: 43.4µg (62%), Vitamin B12: 3.61µg (60.1%), Vitamin B6: 0.94mg (46.87%), Vitamin B3: 9.07mg (45.33%), Vitamin B2: 0.44mg (25.89%), Phosphorus: 237.77mg (23.78%), Vitamin B5: 1.92mg (19.18%), Vitamin B1: 0.27mg (17.99%), Potassium: 570.75mg (16.31%), Copper: 0.31mg (15.63%), Magnesium: 36.99mg (9.25%), Folate: 29.28µg (7.32%), Iron: 1.08mg (5.98%), Zinc: 0.78mg (5.19%), Manganese: 0.07mg (3.26%), Calcium: 19.08mg (1.91%), Vitamin A: 55.45IU (1.11%), Fiber: 0.27g (1.06%)