



Bourbon-Marinated Salmon

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



340 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup bourbon
- 0.3 cup firmly brown sugar packed
- 1 teaspoon chipotle chili powder
- 0.3 teaspoon pepper
- 24 oz salmon fillet
- 0.5 teaspoon salt
- 0.3 cup spicy brown mustard

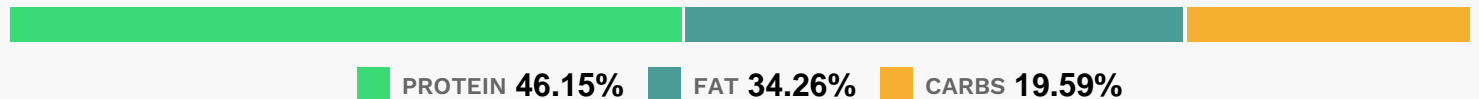
Equipment

- aluminum foil
- broiler pan

Directions

- Stir together first 4 ingredients in a shallow dish.
- Add salmon, gently turning to coat, and let stand 10 minutes.
- Place salmon on a lightly greased aluminum foil-lined broiler pan, reserving marinade.
- Sprinkle evenly with salt and pepper.
- Pour marinade over salmon.
- Broil 5 inches from heat 8 to 10 minutes or until fish flakes with a fork.
- Note: For testing purposes only, we used McCormick Gourmet Collection Chipotle Chile Pepper.

Nutrition Facts



Properties

Glycemic Index:19.75, Glycemic Load:0.07, Inflammation Score:-5, Nutrition Score:24.807391338374%

Nutrients (% of daily need)

Calories: 339.65kcal (16.98%), Fat: 11.39g (17.52%), Saturated Fat: 1.72g (10.76%), Carbohydrates: 14.64g (4.88%), Net Carbohydrates: 13.77g (5.01%), Sugar: 13.6g (15.11%), Cholesterol: 93.55mg (31.18%), Sodium: 548.94mg (23.87%), Alcohol: 5.01g (100%), Alcohol %: 2.94% (100%), Protein: 34.51g (69.01%), Selenium: 67.65µg (96.64%), Vitamin B12: 5.41µg (90.15%), Vitamin B6: 1.42mg (70.94%), Vitamin B3: 13.53mg (67.67%), Vitamin B2: 0.66mg (38.95%), Phosphorus: 359.85mg (35.98%), Vitamin B5: 2.9mg (29.01%), Vitamin B1: 0.42mg (27.74%), Potassium: 886.88mg (25.34%), Copper: 0.45mg (22.66%), Magnesium: 59mg (14.75%), Folate: 43.91µg (10.98%), Iron: 1.81mg (10.07%), Zinc: 1.22mg (8.15%), Manganese: 0.13mg (6.44%), Vitamin A: 228.02IU (4.56%), Calcium: 44.01mg (4.4%), Fiber: 0.87g (3.5%), Vitamin E: 0.25mg (1.64%)