



Broiled Salmon with Marmalade-Dijon Glaze

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



344 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black
- 1 tablespoon dijon mustard
- 0.5 teaspoon garlic powder
- 0.1 teaspoon ground ginger
- 0.5 cup orange marmalade
- 24 ounce salmon fillet
- 0.5 teaspoon salt

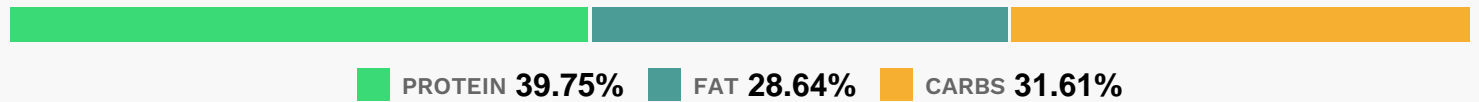
Equipment

- bowl
- frying pan
- broiler

Directions

- Preheat broiler.
- Combine first 6 ingredients in a small bowl, stirring well.
- Place fish on a jelly-roll pan coated with cooking spray.
- Brush half of marmalade mixture over fish; broil 6 minutes.
- Brush fish with remaining marmalade mixture; broil for 2 minutes or until fish flakes easily when tested with a fork or until desired degree of doneness.

Nutrition Facts



Properties

Glycemic Index:17.25, Glycemic Load:0.04, Inflammation Score:-4, Nutrition Score:23.976956871541%

Nutrients (% of daily need)

Calories: 343.99kcal (17.2%), Fat: 10.92g (16.8%), Saturated Fat: 1.68g (10.52%), Carbohydrates: 27.12g (9.04%), Net Carbohydrates: 26.6g (9.67%), Sugar: 24.07g (26.74%), Cholesterol: 93.55mg (31.18%), Sodium: 429.44mg (18.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.11g (68.21%), Selenium: 63.73µg (91.05%), Vitamin B12: 5.41µg (90.15%), Vitamin B6: 1.41mg (70.43%), Vitamin B3: 13.42mg (67.11%), Vitamin B2: 0.66mg (38.81%), Phosphorus: 347.7mg (34.77%), Vitamin B5: 2.85mg (28.52%), Vitamin B1: 0.4mg (26.35%), Potassium: 860.92mg (24.6%), Copper: 0.47mg (23.41%), Magnesium: 52.57mg (13.14%), Folate: 46.59µg (11.65%), Iron: 1.53mg (8.49%), Zinc: 1.14mg (7.63%), Manganese: 0.09mg (4.6%), Calcium: 39.08mg (3.91%), Vitamin C: 1.94mg (2.35%), Fiber: 0.52g (2.06%), Vitamin A: 96.2IU (1.92%)