



Broiled Salmon with Orange-Mustard Glaze



Gluten Free



Dairy Free



Low Fod Map

READY IN



20 min.

SERVINGS



4

CALORIES



193 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



1 lb salmon fillet cut into 4 pieces



2 tablespoons orange marmalade



2 teaspoons mustard seeds



0.3 teaspoon salt



0.1 teaspoon hot sauce red

Equipment



bowl



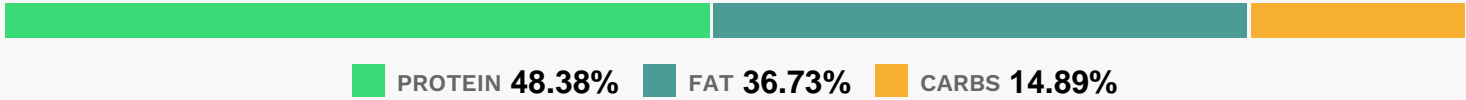
oven

☐ broiler pan

Directions

- ☐ Set oven control to broil. Spray broiler pan rack with cooking spray.
- ☐ Place salmon, skin side down, on rack in broiler pan. Broil with tops 4 inches from heat 10 to 15 minutes or until fish flakes easily with fork.
- ☐ Meanwhile, in small bowl, mix remaining ingredients.
- ☐ Spread on salmon during last 5 minutes of broiling.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:16.131304106635%

Nutrients (% of daily need)

Calories: 193.26kcal (9.66%), Fat: 7.73g (11.9%), Saturated Fat: 1.14g (7.14%), Carbohydrates: 7.05g (2.35%), Net Carbohydrates: 6.8g (2.47%), Sugar: 6.1g (6.78%), Cholesterol: 62.37mg (20.79%), Sodium: 204.34mg (8.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.92g (45.84%), Selenium: 44.57µg (63.67%), Vitamin B12: 3.61µg (60.1%), Vitamin B6: 0.94mg (46.78%), Vitamin B3: 8.99mg (44.95%), Vitamin B2: 0.44mg (25.73%), Phosphorus: 239.63mg (23.96%), Vitamin B5: 1.9mg (19.01%), Vitamin B1: 0.27mg (17.93%), Potassium: 570.63mg (16.3%), Copper: 0.3mg (15.12%), Magnesium: 38.65mg (9.66%), Folate: 31.69µg (7.92%), Iron: 1.06mg (5.9%), Zinc: 0.82mg (5.48%), Manganese: 0.06mg (2.86%), Calcium: 21.5mg (2.15%), Vitamin A: 52.23IU (1.04%), Fiber: 0.25g (1.01%)