



Caramelized Maple-and-Garlic-Glazed Salmon



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



352 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter
- ☐ 1 tablespoon chives fresh chopped
- ☐ 1 teaspoon sea salt
- ☐ 0.3 cup maple syrup divided
- ☐ 2.5 pound salmon fillet cut into 6 pieces
- ☐ 1 teaspoon salt

Equipment

- ☐ frying pan

Directions

- ☐ Sprinkle salmon evenly with salt.
- ☐ Melt butter in a large skillet over medium heat.
- ☐ Add salmon, skin side up; cook 2 minutes.
- ☐ Place salmon, skin side down, on a lightly greased rack in a broiling pan.
- ☐ Brush with half of syrup.
- ☐ Broil salmon, 5 inches from heat, 5 to 7 minutes or until syrup caramelizes.
- ☐ Brush with remaining syrup; sprinkle with garlic and chives.

Nutrition Facts



Properties

Glycemic Index:14.42, Glycemic Load:4.42, Inflammation Score:-5, Nutrition Score:27.693043371258%

Flavonoids

Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 352.03kcal (17.6%), Fat: 15.75g (24.23%), Saturated Fat: 2.64g (16.47%), Carbohydrates: 12.48g (4.16%), Net Carbohydrates: 12.42g (4.52%), Sugar: 10.74g (11.93%), Cholesterol: 103.95mg (34.65%), Sodium: 516.67mg (22.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.64g (75.28%), Vitamin B12: 6.01µg (100.25%), Selenium: 69.11µg (98.73%), Vitamin B6: 1.56mg (77.77%), Vitamin B3: 14.88mg (74.39%), Vitamin B2: 0.95mg (55.79%), Phosphorus: 381.43mg (38.14%), Vitamin B5: 3.15mg (31.54%), Vitamin B1: 0.44mg (29.46%), Potassium: 975.82mg (27.88%), Copper: 0.48mg (23.81%), Manganese: 0.45mg (22.47%), Magnesium: 59.31mg (14.83%), Folate: 48.06µg (12.01%), Zinc: 1.35mg (9.02%), Iron: 1.57mg (8.73%), Vitamin A: 264.29IU (5.29%), Calcium: 44.67mg (4.47%), Vitamin K: 1.07µg (1.02%)