



Caramelized Maple-and-Garlic-Glazed Salmon

 Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



8

CALORIES



264 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons butter
- 1 tablespoon chives fresh chopped
- 0.8 teaspoon garlic powder
- 0.3 cup maple syrup divided
- 2.5 lb salmon fillet 2-inch-thick ()
- 0.8 teaspoon salt

Equipment

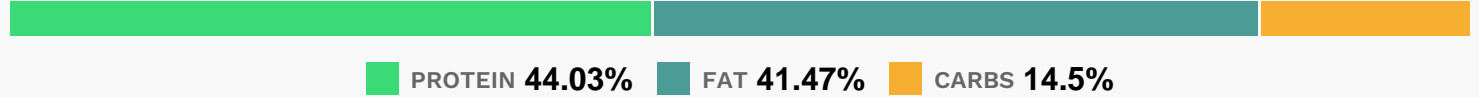
- frying pan

- oven
- broiler
- broiler pan

Directions

- Preheat broiler with oven rack 5 1/2 inches from heat.
- Sprinkle salmon with salt and garlic powder.
- 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 broiler pan; brush with half of syrup.
- Broil salmon 5 to 7 minutes or until fish is cooked to desired degree of doneness and syrup caramelizes.
- Brush with remaining syrup; sprinkle with chives.

Nutrition Facts



Properties

Glycemic Index:10.81, Glycemic Load:3.31, Inflammation Score:-4, Nutrition Score:20.758261003572%

Flavonoids

Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 263.72kcal (13.19%), Fat: 11.81g (18.17%), Saturated Fat: 1.98g (12.35%), Carbohydrates: 9.29g (3.1%), Net Carbohydrates: 9.26g (3.37%), Sugar: 8.05g (8.95%), Cholesterol: 77.96mg (25.99%), Sodium: 314.78mg (13.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.21g (56.43%), Vitamin B12: 4.51µg (75.18%), Selenium: 51.81µg (74.01%), Vitamin B6: 1.16mg (58.25%), Vitamin B3: 11.16mg (55.79%), Vitamin B2: 0.71mg (41.83%), Phosphorus: 285.68mg (28.57%), Vitamin B5: 2.36mg (23.65%), Vitamin B1: 0.33mg (22.07%), Potassium: 730.73mg (20.88%), Copper: 0.36mg (17.83%), Manganese: 0.34mg (16.8%), Magnesium: 44.41mg (11.1%), Folate: 36µg (9%), Zinc: 1.01mg (6.75%), Iron: 1.17mg (6.51%), Vitamin A: 198.22IU (3.96%), Calcium: 33.39mg (3.34%)