



Citrus-Glazed Salmon



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



17 min.

SERVINGS



4

CALORIES



267 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon balsamic vinegar
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.5 teaspoon dijon mustard
- ☐ 1 Dash ground pepper red
- ☐ 2 tablespoons orange marmalade
- ☐ 24 ounce salmon fillet
- ☐ 0.3 teaspoon salt

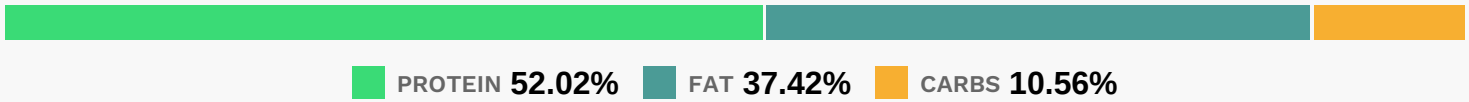
Equipment

- ☐ broiler
- ☐ broiler pan

Directions

- ☐ Preheat broiler.
- ☐ Combine first 4 ingredients.
- ☐ Sprinkle salmon with salt and pepper.
- ☐ Place salmon on a broiler pan coated with cooking spray, and broil for 10 minutes or until almost done.
- ☐ Brush the marmalade mixture over salmon, and broil an additional 2 minutes or until fish flakes easily when tested with a fork.

Nutrition Facts



Properties

Glycemic Index:36.5, Glycemic Load:0.07, Inflammation Score:-4, Nutrition Score:23.263043580496%

Nutrients (% of daily need)

Calories: 267.46kcal (13.37%), Fat: 10.81g (16.64%), Saturated Fat: 1.67g (10.45%), Carbohydrates: 6.86g (2.29%), Net Carbohydrates: 6.73g (2.45%), Sugar: 6.11g (6.78%), Cholesterol: 93.55mg (31.18%), Sodium: 232.84mg (10.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.82g (67.65%), Vitamin B12: 5.41µg (90.15%), Selenium: 62.37µg (89.1%), Vitamin B6: 1.39mg (69.74%), Vitamin B3: 13.38mg (66.91%), Vitamin B2: 0.65mg (38.22%), Phosphorus: 341.66mg (34.17%), Vitamin B5: 2.84mg (28.36%), Vitamin B1: 0.39mg (25.75%), Potassium: 841.01mg (24.03%), Copper: 0.44mg (21.84%), Magnesium: 50.16mg (12.54%), Folate: 43.52µg (10.88%), Iron: 1.41mg (7.81%), Zinc: 1.1mg (7.33%), Calcium: 25.45mg (2.55%), Manganese: 0.05mg (2.47%), Vitamin A: 85.77IU (1.72%)