



Glazed Salmon



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



208 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon bottled garlic minced
- ☐ 2 tablespoons brown sugar
- ☐ 1 tablespoon honey
- ☐ 3 tablespoons soya sauce low-sodium
- ☐ 16 ounce salmon fillet skinless

Equipment

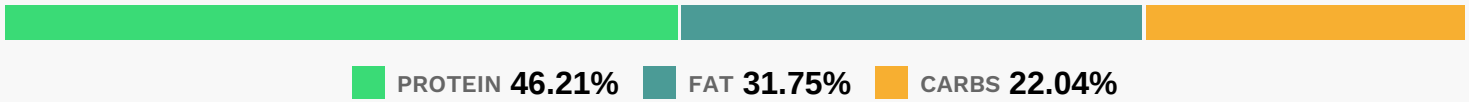
- ☐ bowl
- ☐ broiler

- ☐ microwave
- ☐ broiler pan

Directions

- ☐ Preheat broiler.
- ☐ Combine first 4 ingredients in a small bowl. Microwave at HIGH 1 minute, stirring after 30 seconds.
- ☐ Place fish on a broiler pan; brush fish with sugar mixture. Broil 8 minutes or until fish flakes easily when tested with a fork, basting occasionally with remaining sugar mixture.

Nutrition Facts



Properties

Glycemic Index:20.57, Glycemic Load:2.37, Inflammation Score:-3, Nutrition Score:16.333043482802%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 208.49kcal (10.42%), Fat: 7.23g (11.13%), Saturated Fat: 1.12g (6.99%), Carbohydrates: 11.3g (3.77%), Net Carbohydrates: 11.18g (4.06%), Sugar: 10.2g (11.34%), Cholesterol: 62.37mg (20.79%), Sodium: 484mg (21.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.69g (47.37%), Vitamin B12: 3.61µg (60.1%), Selenium: 41.74µg (59.63%), Vitamin B6: 0.97mg (48.3%), Vitamin B3: 9.07mg (45.36%), Vitamin B2: 0.46mg (27.24%), Phosphorus: 249.08mg (24.91%), Vitamin B5: 1.94mg (19.44%), Vitamin B1: 0.26mg (17.57%), Potassium: 613.61mg (17.53%), Copper: 0.3mg (14.89%), Magnesium: 42.12mg (10.53%), Folate: 33.83µg (8.46%), Iron: 1.16mg (6.42%), Zinc: 0.85mg (5.66%), Manganese: 0.1mg (4.9%), Calcium: 24.77mg (2.48%)