



GREY POUPON-Maple Salmon

 **Gluten Free**  **Dairy Free**

READY IN



195 min.

SERVINGS



4

CALORIES



256 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tsp garlic minced
- 0.3 tsp ground ginger
- 0.1 tsp ground pepper red (cayenne)
- 1 Tbsp oil
- 0.3 cup pancake syrup
- 1 lb salmon fillet skinless
- 2 Tbsp grey poupon spicy brown mustard hearty

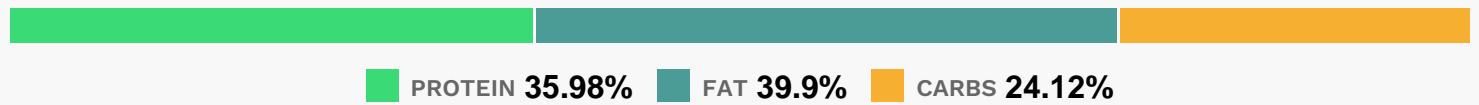
Equipment

grill

Directions

- Mix first 5 ingredients until blended. Refrigerate 3 hours.
- Heat grill to medium-high heat.
- Brush fish with oil.
- Grill 4 min. on each side or until fish flakes easily with fork, brushing frequently with syrup mixture.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:0.09, Inflammation Score:-3, Nutrition Score:16.597826132308%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 256.41kcal (12.82%), Fat: 11.28g (17.35%), Saturated Fat: 1.59g (9.96%), Carbohydrates: 15.33g (5.11%), Net Carbohydrates: 14.96g (5.44%), Sugar: 0.12g (0.14%), Cholesterol: 63.16mg (21.05%), Sodium: 151.86mg (6.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.88g (45.76%), Selenium: 44.25µg (63.21%), Vitamin B12: 3.61µg (60.1%), Vitamin B6: 0.94mg (47.18%), Vitamin B3: 8.98mg (44.9%), Vitamin B2: 0.44mg (25.83%), Phosphorus: 238.29mg (23.83%), Vitamin B5: 1.92mg (19.19%), Vitamin B1: 0.27mg (18.28%), Copper: 0.33mg (16.65%), Potassium: 572.92mg (16.37%), Magnesium: 37.38mg (9.35%), Folate: 28.97µg (7.24%), Iron: 1.08mg (6.02%), Manganese: 0.12mg (5.83%), Zinc: 0.8mg (5.3%), Vitamin E: 0.66mg (4.37%), Vitamin K: 2.67µg (2.54%), Calcium: 20.2mg (2.02%), Vitamin A: 86.2IU (1.72%), Fiber: 0.37g (1.47%)