



Grilled Salmon with Apricot-Mustard Glaze



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



299 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup all-natural apricot nectar
- ☐ 0.3 cup apricot preserves
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 tablespoon dijon mustard
- ☐ 1.5 teaspoons garlic minced
- ☐ 1.5 teaspoons honey
- ☐ 0.3 teaspoon kosher salt
- ☐ 0.5 teaspoon kosher salt

- ☐ 24 ounce salmon fillet ()
- ☐ 1.5 teaspoons citrus champagne vinegar

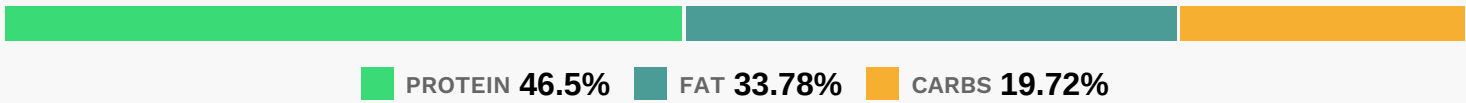
Equipment

- ☐ sauce pan
- ☐ grill

Directions

- ☐ Prepare grill.
- ☐ To prepare fish, sprinkle fillets evenly with garlic, 1/2 teaspoon salt, and 1/4 teaspoon pepper. Cover and refrigerate 15 minutes.
- ☐ To prepare glaze, combine nectar and next 6 ingredients (through 1/4 teaspoon pepper) in a small saucepan; bring to a boil. Reduce heat, and simmer until reduced to 1/4 cup (about 10 minutes).
- ☐ Remove from heat; set aside.
- ☐ Place fillets, skin side up, on a grill rack coated with cooking spray. Grill 2 minutes; carefully turn over, and grill 4 minutes or until fish flakes easily when tested with a fork or until desired degree of doneness.
- ☐ Brush each fillet with 1 tablespoon glaze; grill 30 seconds.

Nutrition Facts



Properties

Glycemic Index:36.57, Glycemic Load:1.26, Inflammation Score:-5, Nutrition Score:24.349565226099%

Flavonoids

Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 298.72kcal (14.94%), Fat: 11.02g (16.96%), Saturated Fat: 1.69g (10.55%), Carbohydrates: 14.48g (4.83%), Net Carbohydrates: 14.19g (5.16%), Sugar: 10.65g (11.83%), Cholesterol: 93.55mg (31.18%), Sodium: 559.76mg (24.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.13g (68.26%), Selenium: 63.84µg (91.21%), Vitamin B12: 5.41µg (90.15%), Vitamin B6: 1.42mg (70.88%), Vitamin B3: 13.43mg (67.16%), Vitamin B2: 0.66mg (38.64%), Phosphorus: 347.65mg (34.76%), Vitamin B5: 2.87mg (28.7%), Vitamin B1: 0.4mg (26.89%), Potassium: 869.36mg (24.84%), Copper: 0.45mg (22.61%), Magnesium: 53.14mg (13.28%), Folate: 43.2µg (10.8%), Iron: 1.56mg (8.68%), Vitamin C: 6.35mg (7.7%), Zinc: 1.15mg (7.65%), Vitamin A: 308.25IU (6.16%), Manganese: 0.09mg (4.63%), Calcium: 30.59mg (3.06%), Fiber: 0.28g (1.13%)