



Honey-Glazed Salmon



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



297 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon dijon mustard
- ☐ 0.3 teaspoon ground pepper red
- ☐ 3 tablespoons honey
- ☐ 24 ounce salmon fillet ()
- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons shallots minced
- ☐ 1 tablespoon teaspoon thyme dried fresh chopped

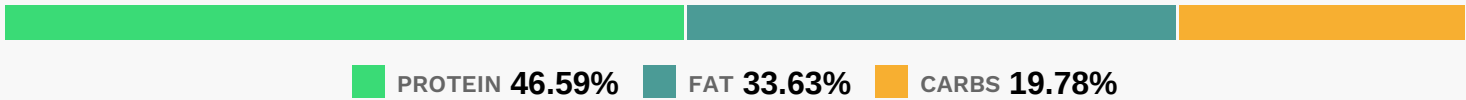
Equipment

- ☐ bowl
- ☐ grill
- ☐ broiler
- ☐ broiler pan

Directions

- ☐ Prepare grill or broiler.
- ☐ Combine first 6 ingredients in a small bowl.
- ☐ Brush honey mixture over skinless side of fish.
- ☐ Place fish on a grill rack or broiler pan coated with cooking spray, and cook 6 minutes on each side or until fish flakes easily when tested with a fork.
- ☐ Garnish with thyme sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:47.82, Glycemic Load:7.08, Inflammation Score:-9, Nutrition Score:24.33304345219%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg

Nutrients (% of daily need)

Calories: 297.47kcal (14.87%), Fat: 10.97g (16.87%), Saturated Fat: 1.69g (10.57%), Carbohydrates: 14.52g (4.84%), Net Carbohydrates: 13.88g (5.05%), Sugar: 13.39g (14.88%), Cholesterol: 93.55mg (31.18%), Sodium: 408.2mg (17.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.19g (68.38%), Selenium: 63.56µg (90.8%), Vitamin B12: 5.41µg (90.15%), Vitamin B6: 1.42mg (71.21%), Vitamin B3: 13.46mg (67.31%), Vitamin B2: 0.67mg (39.13%), Phosphorus: 350.1mg (35.01%), Vitamin B5: 2.87mg (28.74%), Vitamin B1: 0.4mg (26.38%), Potassium: 877.23mg (25.06%), Copper: 0.45mg (22.42%), Magnesium: 55.49mg (13.87%), Folate: 45.72µg (11.43%), Iron: 1.86mg (10.36%), Zinc: 1.2mg (8.02%), Manganese: 0.1mg (5.17%), Vitamin A: 206.06IU (4.12%), Vitamin C: 3.39mg (4.11%), Calcium: 33.02mg (3.3%), Fiber: 0.63g (2.53%)