



Honey Mustard Glazed Salmon

 Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



250 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 lb salmon fillet
- ☐ 1 tablespoon brown sugar packed
- ☐ 1 tablespoon butter melted
- ☐ 1 tablespoon vegetable oil
- ☐ 1 tablespoon honey
- ☐ 1 tablespoon soya sauce
- ☐ 1 tablespoon dijon mustard
- ☐ 1 clove garlic finely chopped

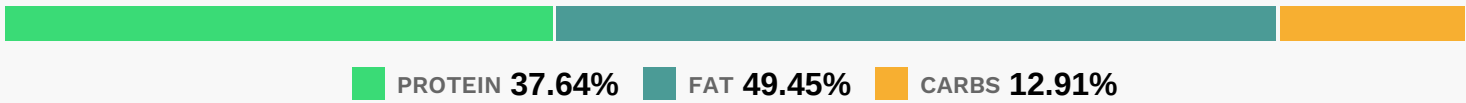
Equipment

- ☐ bowl
- ☐ oven
- ☐ broiler pan

Directions

- ☐ Place salmon, skin side down, in shallow glass or plastic dish. In small bowl, mix remaining ingredients; pour over salmon. Cover; refrigerate at least 15 minutes but no longer than 1 hour.
- ☐ Set oven control to broil.
- ☐ Remove salmon from marinade; reserve marinade.
- ☐ Place salmon, skin side down, on rack in broiler pan. Broil with top 4 to 6 inches from heat 10 to 15 minutes, brushing 2 to 3 times with marinade, until fish flakes easily with fork. Discard any remaining marinade.

Nutrition Facts



Properties

Glycemic Index:44.82, Glycemic Load:2.37, Inflammation Score:-3, Nutrition Score:16.533912978742%

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: 249.64kcal (12.48%), Fat: 13.56g (20.87%), Saturated Fat: 3.44g (21.5%), Carbohydrates: 7.97g (2.66%), Net Carbohydrates: 7.75g (2.82%), Sugar: 7.36g (8.18%), Cholesterol: 69.89mg (23.3%), Sodium: 366.2mg (15.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.23g (46.45%), Selenium: 42.92µg (61.32%), Vitamin B12: 3.61µg (60.2%), Vitamin B6: 0.95mg (47.55%), Vitamin B3: 9.13mg (45.64%), Vitamin B2: 0.44mg (26.13%), Phosphorus: 239.01mg (23.9%), Vitamin B5: 1.93mg (19.31%), Vitamin B1: 0.27mg (17.85%), Potassium: 581.38mg (16.61%), Copper: 0.3mg (14.89%), Magnesium: 37.12mg (9.28%), Folate: 29.68µg (7.42%), Iron: 1.13mg (6.29%), Vitamin K: 6.57µg (6.25%), Zinc: 0.79mg (5.29%), Manganese: 0.07mg (3.74%), Vitamin A: 135.55IU (2.71%), Vitamin E: 0.37mg (2.49%), Calcium: 21.87mg (2.19%)