



Honey Mustard-Glazed Salmon with Sweet-and-Sour Relish



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



279 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons dijon mustard
- ☐ 1 tablespoon parsley fresh minced
- ☐ 2 tablespoons honey
- ☐ 0.5 cup onion red chopped
- ☐ 36 ounce salmon fillet
- ☐ 0.3 teaspoon salt
- ☐ 2 teaspoons sugar

- ☐ 1 tablespoon water
- ☐ 1 tablespoon citrus champagne vinegar
- ☐ 0.5 cup baby squash yellow chopped

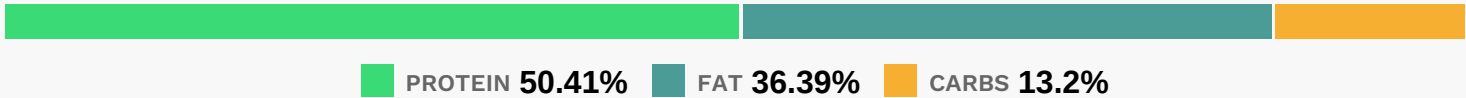
Equipment

- ☐ bowl
- ☐ grill
- ☐ microwave

Directions

- ☐ To prepare relish, combine first 4 ingredients in a medium glass bowl. Microwave at high 30 seconds or until sugar dissolves. Cool. Stir in onion, parsley, and squash. Cover and refrigerate 1 to 4 hours.
- ☐ Prepare grill.
- ☐ To prepare salmon, sprinkle fillets with 1/4 teaspoon salt.
- ☐ Place fillets, skin sides down, on grill rack coated with cooking spray; cover and cook for 9 minutes.
- ☐ Combine mustard and honey in a small bowl; brush over fillets. Cover and cook 2 minutes or until fish flakes easily when tested with a fork.
- ☐ Serve with relish.

Nutrition Facts



Properties

Glycemic Index:40.89, Glycemic Load:4.3, Inflammation Score:-5, Nutrition Score:24.776086671845%

Flavonoids

Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg

2.71mg

Nutrients (% of daily need)

Calories: 278.56kcal (13.93%), Fat: 10.99g (16.91%), Saturated Fat: 1.69g (10.57%), Carbohydrates: 8.97g (2.99%), Net Carbohydrates: 8.39g (3.05%), Sugar: 7.93g (8.81%), Cholesterol: 93.55mg (31.18%), Sodium: 228.45mg (9.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.26g (68.52%), Selenium: 63.94µg (91.34%), Vitamin B12: 5.41µg (90.15%), Vitamin B6: 1.43mg (71.68%), Vitamin B3: 13.48mg (67.38%), Vitamin B2: 0.67mg (39.42%), Phosphorus: 353.91mg (35.39%), Vitamin B5: 2.88mg (28.84%), Vitamin B1: 0.41mg (27.01%), Potassium: 893.47mg (25.53%), Copper: 0.44mg (22.16%), Magnesium: 55.26mg (13.82%), Folate: 49.29µg (12.32%), Vitamin K: 11.34µg (10.8%), Iron: 1.58mg (8.8%), Zinc: 1.19mg (7.96%), Manganese: 0.09mg (4.49%), Vitamin C: 3.54mg (4.29%), Calcium: 29.68mg (2.97%), Vitamin A: 146.85IU (2.94%), Fiber: 0.58g (2.32%)