



Honey-Mustard Salmon



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



263 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 tablespoons dijon mustard
- ☐ 1 tablespoon honey
- ☐ 0.3 teaspoon kosher salt
- ☐ 24 ounce salmon fillet skinless
- ☐ 1 teaspoon citrus champagne vinegar

Equipment

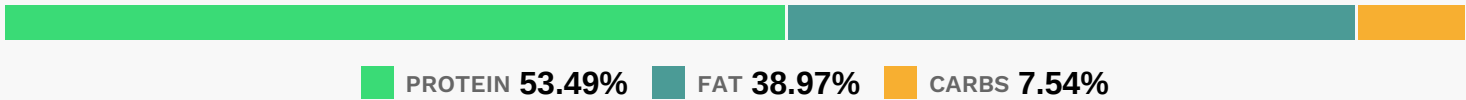
- ☐ bowl

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil
- ☐ broiler

Directions

- ☐ Preheat broiler with oven rack 6 inches away from heat. Stir together first 5 ingredients in a small bowl. Arrange salmon fillets on an aluminum foil-lined baking sheet; brush salmon with honey-mustard sauce.
- ☐ Broil salmon, rotating pan halfway through, 8 minutes or until just cooked through.

Nutrition Facts



Properties

Glycemic Index:29.07, Glycemic Load:2.3, Inflammation Score:-4, Nutrition Score:23.669565515026%

Nutrients (% of daily need)

Calories: 262.62kcal (13.13%), Fat: 11.04g (16.99%), Saturated Fat: 1.69g (10.56%), Carbohydrates: 4.81g (1.6%), Net Carbohydrates: 4.44g (1.62%), Sugar: 4.42g (4.91%), Cholesterol: 93.55mg (31.18%), Sodium: 303.02mg (13.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.1g (68.19%), Selenium: 64.68µg (92.41%), Vitamin B12: 5.41µg (90.15%), Vitamin B6: 1.4mg (69.91%), Vitamin B3: 13.42mg (67.1%), Vitamin B2: 0.65mg (38.44%), Phosphorus: 348.8mg (34.88%), Vitamin B5: 2.86mg (28.58%), Vitamin B1: 0.4mg (26.58%), Potassium: 849.63mg (24.28%), Copper: 0.43mg (21.73%), Magnesium: 53.3mg (13.33%), Folate: 43.18µg (10.79%), Iron: 1.52mg (8.45%), Zinc: 1.15mg (7.67%), Manganese: 0.08mg (3.98%), Calcium: 26.17mg (2.62%), Vitamin A: 74.05IU (1.48%), Fiber: 0.36g (1.46%)