



WHATSheATE



Maple and Mustard Glazed Salmon

READY IN



20 min.

SERVINGS



4

CALORIES



527 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons apple cider vinegar
- ☐ 4 tablespoons butter melted
- ☐ 2 tablespoons dijon mustard
- ☐ 4 servings salt and ground pepper black
- ☐ 0.3 cup maple syrup
- ☐ 4 servings olive oil for grilling
- ☐ 24 ounces skin-on salmon fillets
- ☐ 1 teaspoon worcestershire sauce

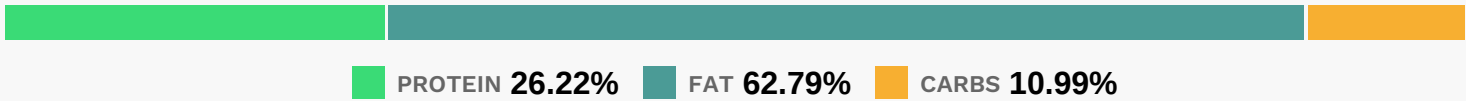
Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill

Directions

- ☐ Grease the grill grate by brushing with oil. Preheat the grill to medium-high.
- ☐ Generously sprinkle the salmon all over with salt and pepper. In a small bowl, whisk together the syrup, butter, mustard, vinegar, Worcestershire sauce, and 1 teaspoon black pepper to make the glaze.
- ☐ Brush the salmon tops generously with the glaze and place skin-side down on the grill and cook, about 4 minutes. Flip the salmon and cook until they reach the doneness you like, about 5 minutes for medium-rare. Carefully remove the fish from the grill and place skin-down on a pretty serving platter.

Nutrition Facts



Properties

Glycemic Index:47.63, Glycemic Load:5, Inflammation Score:-5, Nutrition Score:27.133913274692%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Nutrients (% of daily need)

Calories: 526.52kcal (26.33%), Fat: 36.39g (55.99%), Saturated Fat: 10.82g (67.61%), Carbohydrates: 14.34g (4.78%), Net Carbohydrates: 13.99g (5.09%), Sugar: 12.33g (13.7%), Cholesterol: 123.65mg (41.22%), Sodium: 269.1mg (11.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.2g (68.39%), Selenium: 64.79µg (92.56%), Vitamin B12: 5.43µg (90.55%), Vitamin B6: 1.4mg (69.86%), Vitamin B3: 13.45mg (67.23%), Vitamin B2: 0.91mg (53.75%), Phosphorus: 352.91mg (35.29%), Vitamin B5: 2.87mg (28.7%), Vitamin B1: 0.41mg (27.58%), Manganese: 0.54mg (27.02%), Potassium: 908.66mg (25.96%), Copper: 0.44mg (21.77%), Vitamin E: 2.37mg (15.8%), Magnesium: 57.93mg (14.48%), Folate: 43.61µg (10.9%), Iron: 1.68mg (9.32%), Vitamin K: 9.7µg (9.24%), Zinc: 1.3mg (8.63%), Vitamin A: 424.96IU (8.5%), Calcium: 52.8mg (5.28%), Fiber: 0.35g (1.39%)