



Maple-Bourbon Glazed Salmon

 Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



262 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon bourbon
- 0.1 teaspoon ground pepper red
- 1 tablespoon maple syrup
- 5 teaspoons orange juice fresh divided
- 24 ounce salmon fillet
- 0.3 teaspoon salt

Equipment

- frying pan

- oven
- whisk
- broiler
- broiler pan

Directions

- Preheat broiler.
- Combine 1 teaspoon juice, syrup, bourbon, and pepper, stirring with a whisk.
- Place salmon on a broiler pan coated with cooking spray.
- Brush syrup mixture evenly over salmon, and sprinkle with salt.
- Broil salmon 5 minutes.
- Remove pan from oven; drizzle 1 teaspoon juice over each fillet. Broil 1 minute or until fish flakes easily when tested with a fork.

Nutrition Facts

PROTEIN 54.14% **FAT 38.95%** **CARBS 6.91%**

Properties

Glycemic Index:33.88, Glycemic Load:1.7, Inflammation Score:-4, Nutrition Score:23.923043390169%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 1.05mg, Hesperetin: 1.05mg, Hesperetin: 1.05mg, Hesperetin: 1.05mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 262.06kcal (13.1%), Fat: 10.81g (16.63%), Saturated Fat: 1.67g (10.45%), Carbohydrates: 4.31g (1.44%), Net Carbohydrates: 4.28g (1.56%), Sugar: 3.74g (4.15%), Cholesterol: 93.55mg (31.18%), Sodium: 220.75mg (9.6%), Alcohol: 0.42g (100%), Alcohol %: 0.29% (100%), Protein: 33.82g (67.63%), Vitamin B12: 5.41µg (90.15%), Selenium: 62.1µg (88.71%), Vitamin B6: 1.4mg (69.82%), Vitamin B3: 13.41mg (67.07%), Vitamin B2: 0.71mg (41.95%), Phosphorus: 341.91mg (34.19%), Vitamin B5: 2.85mg (28.47%), Vitamin B1: 0.4mg (26.39%), Potassium: 863.54mg (24.67%), Copper: 0.43mg (21.49%), Magnesium: 51.44mg (12.86%), Folate: 45.22µg (11.3%), Iron: 1.39mg (7.72%), Zinc: 1.13mg (7.54%), Manganese: 0.15mg (7.26%), Vitamin C: 4.42mg (5.36%), Calcium: 27.01mg (2.7%), Vitamin A: 111.55IU (2.23%)