



Maple-Glazed Roasted Salmon



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



346 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 0.3 cup ginger fresh grated peeled
- ☐ 0.3 cup maple syrup
- ☐ 2 tablespoons maple syrup divided
- ☐ 2.5 pound salmon fillet
- ☐ 0.5 teaspoon salt
- ☐ 6 shallots halved lengthwise
- ☐ 0.3 cup citrus champagne vinegar

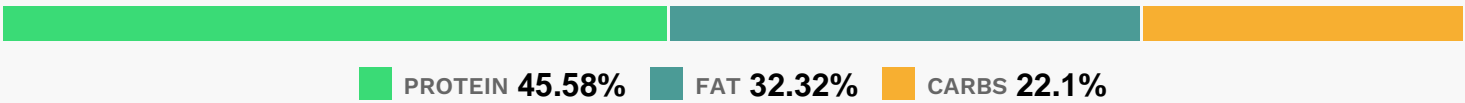
Equipment

- ☐ baking sheet
- ☐ paper towels
- ☐ oven

Directions

- ☐ Combine first 3 ingredients in bottom of a large platter.
- ☐ Add fish, skin side up, to ginger mixture. Cover and marinate in refrigerator 20 minutes.
- ☐ Remove fish from marinade; pat dry with paper towel to remove excess marinade.
- ☐ Preheat oven to 45
- ☐ Place a baking sheet in oven 5 minutes.
- ☐ Place shallots and fish, skin side down, on baking sheet; sprinkle with salt and pepper.
- ☐ Brush fish with 1 tablespoon syrup.
- ☐ Bake at 450 for 10 minutes.
- ☐ Brush with 1 tablespoon syrup; bake an additional 7 minutes or until fish flakes easily when tested with a fork.
- ☐ Sprinkle with parsley, if desired.

Nutrition Facts



Properties

Glycemic Index:25, Glycemic Load:6.06, Inflammation Score:-5, Nutrition Score:28.961304455348%

Nutrients (% of daily need)

Calories: 345.9kcal (17.3%), Fat: 12.04g (18.52%), Saturated Fat: 1.87g (11.67%), Carbohydrates: 18.52g (6.17%), Net Carbohydrates: 17.62g (6.41%), Sugar: 14.07g (15.63%), Cholesterol: 103.95mg (34.65%), Sodium: 283.09mg (12.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.21g (76.41%), Vitamin B12: 6.01µg (100.17%), Selenium: 69.32µg (99.02%), Vitamin B6: 1.64mg (81.94%), Vitamin B3: 14.95mg (74.76%), Vitamin B2: 0.98mg (57.63%), Phosphorus: 395.28mg (39.53%), Vitamin B5: 3.23mg (32.27%), Potassium: 1076.4mg (30.75%), Vitamin

B1: 0.46mg (30.43%), Manganese: 0.59mg (29.5%), Copper: 0.51mg (25.29%), Magnesium: 66.54mg (16.64%),
Folate: 56.2µg (14.05%), Iron: 1.91mg (10.63%), Zinc: 1.47mg (9.79%), Calcium: 55.55mg (5.55%), Fiber: 0.9g (3.6%),
Vitamin C: 2.25mg (2.73%), Vitamin A: 77.05IU (1.54%)