



Maple-Glazed Salmon



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN



20 min.

SERVINGS



4

CALORIES



273 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon brown sugar
- ☐ 0.5 teaspoon chili powder
- ☐ 0.5 teaspoon ground ancho chile powder
- ☐ 0.3 teaspoon ground cumin
- ☐ 1 teaspoon kosher salt
- ☐ 2 tablespoons maple syrup
- ☐ 1 teaspoon paprika
- ☐ 24 ounce alaskan salmon fillets

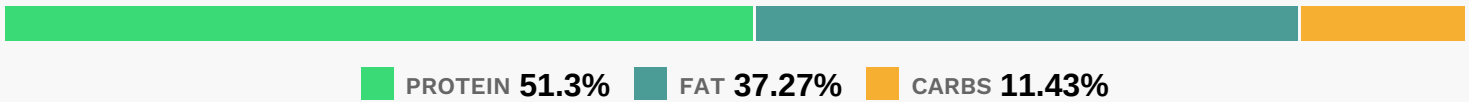
Equipment

- ☐ broiler
- ☐ broiler pan

Directions

- ☐ Preheat broiler.
- ☐ Combine first 6 ingredients; rub spice mixture evenly over flesh side of fillets.
- ☐ Place fish on a broiler pan coated with cooking spray; broil 6 minutes or until desired degree of doneness.
- ☐ Brush fillets evenly with syrup; broil 1 minute.

Nutrition Facts



Properties

Glycemic Index:14.13, Glycemic Load:2.48, Inflammation Score:-5, Nutrition Score:24.88000023446%

Nutrients (% of daily need)

Calories: 272.78kcal (13.64%), Fat: 10.95g (16.84%), Saturated Fat: 1.69g (10.58%), Carbohydrates: 7.56g (2.52%), Net Carbohydrates: 7.2g (2.62%), Sugar: 6.32g (7.03%), Cholesterol: 93.55mg (31.18%), Sodium: 665.93mg (28.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.91g (67.82%), Vitamin B12: 5.41µg (90.15%), Selenium: 62.23µg (88.9%), Vitamin B6: 1.41mg (70.66%), Vitamin B3: 13.49mg (67.46%), Vitamin B2: 0.78mg (46.15%), Phosphorus: 343.9mg (34.39%), Vitamin B5: 2.85mg (28.48%), Vitamin B1: 0.39mg (26.31%), Potassium: 879.81mg (25.14%), Copper: 0.44mg (21.77%), Manganese: 0.28mg (13.97%), Magnesium: 53.56mg (13.39%), Folate: 42.92µg (10.73%), Vitamin A: 464.15IU (9.28%), Iron: 1.65mg (9.19%), Zinc: 1.21mg (8.06%), Calcium: 35.84mg (3.58%), Vitamin E: 0.34mg (2.27%), Fiber: 0.36g (1.45%)