



 **67%**
HEALTH SCORE

Maple-Glazed Salmon Fillets

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



25 min.

SERVINGS



4

CALORIES



274 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons dijon mustard
- 0.3 teaspoon garlic powder
- 2 tablespoons maple syrup pure
- 24 oz salmon fillet
- 4 servings salt

Equipment

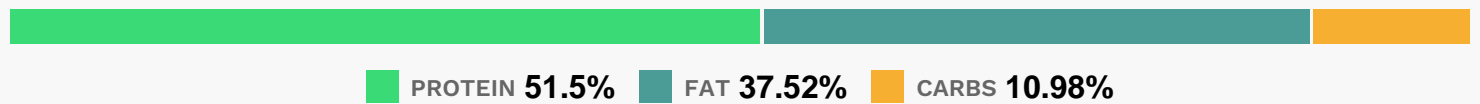
- bowl
- baking sheet

- baking paper
- oven
- aluminum foil

Directions

- Preheat oven to 400F. Line a large rimmed baking sheet with parchment paper or nonstick foil. In a small bowl, stir together maple syrup, mustard and garlic powder until well combined.
- Place salmon, skin side down, on lined baking sheet; sprinkle lightly with salt and brush with maple syrup mixture.
- Bake until fish is just cooked through and flakes easily with a fork, about 20 minutes.
- Serve immediately

Nutrition Facts



Properties

Glycemic Index:18.38, Glycemic Load:2.49, Inflammation Score:-4, Nutrition Score:24.553478581426%

Nutrients (% of daily need)

Calories: 273.73kcal (13.69%), Fat: 11.04g (16.98%), Saturated Fat: 1.69g (10.55%), Carbohydrates: 7.27g (2.42%), Net Carbohydrates: 6.93g (2.52%), Sugar: 6.1g (6.78%), Cholesterol: 93.55mg (31.18%), Sodium: 352.15mg (15.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.1g (68.19%), Selenium: 64.68µg (92.4%), Vitamin B12: 5.41µg (90.15%), Vitamin B6: 1.4mg (69.98%), Vitamin B3: 13.42mg (67.11%), Vitamin B2: 0.78mg (45.8%), Phosphorus: 349.07mg (34.91%), Vitamin B5: 2.85mg (28.54%), Vitamin B1: 0.41mg (27.07%), Potassium: 869.5mg (24.84%), Copper: 0.43mg (21.6%), Manganese: 0.29mg (14.54%), Magnesium: 55.18mg (13.79%), Folate: 43.14µg (10.78%), Iron: 1.5mg (8.35%), Zinc: 1.21mg (8.08%), Calcium: 36.3mg (3.63%), Vitamin A: 73.36IU (1.47%), Fiber: 0.34g (1.36%)