



 **68%**
HEALTH SCORE

Maple-Glazed Salmon with Pineapple

 **Gluten Free**  **Dairy Free**  **Very Healthy**  **Low Fod Map**

READY IN



15 min.

SERVINGS



4

CALORIES



516 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon pepper black
- 2 cups rice white cooked
- 2 tablespoons dijon mustard
- 1 jalapeño seeded finely chopped
- 1.5 teaspoons kosher salt
- 0.5 cup maple syrup
- 0.5 pineapple fresh
- 24 ounce salmon fillet

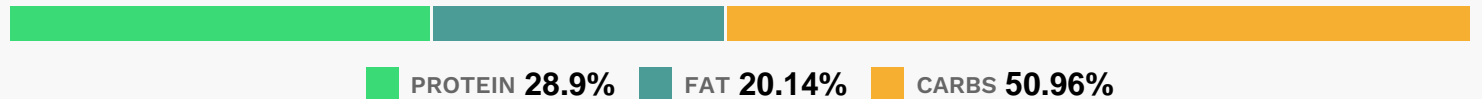
Equipment

- sauce pan
- whisk
- baking pan
- aluminum foil
- broiler

Directions

- Heat broiler.
- Whisk together the maple syrup and mustard in a small saucepan over medium heat and bring to a boil. Simmer until slightly thickened, about 5 minutes.
- Remove from heat and set aside.
- Place the salmon in a foil-lined 9-by-13-inch baking dish. Season with the salt and pepper. Slice the peel from the pineapple half and cut it lengthwise into quarters, then cut each quarter into 1/2-inch-thick triangles. Scatter the pineapple and jalapeo around the salmon.
- Brush the salmon with the syrup mixture. Broil for 5 to 7 minutes, or until the salmon flakes easily when pricked with a fork and the inside is the same color throughout.
- Serve the salmon and pineapple with the rice and drizzle with the remaining glaze, if desired. Tip: Slice the other half of the pineapple left over from this recipe, brush it with maple syrup, and broil until it bubbles.
- Serve with ice cream.

Nutrition Facts



Properties

Glycemic Index:75.04, Glycemic Load:41.67, Inflammation Score:-6, Nutrition Score:36.68391332419%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin:

0.34mg

Nutrients (% of daily need)

Calories: 515.69kcal (25.78%), Fat: 11.42g (17.56%), Saturated Fat: 1.77g (11.03%), Carbohydrates: 64.98g (21.66%), Net Carbohydrates: 62.6g (22.76%), Sugar: 35.55g (39.5%), Cholesterol: 93.55mg (31.18%), Sodium: 1035.1mg (45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.86g (73.72%), Manganese: 2.44mg (122.17%), Selenium: 70.7µg (101%), Vitamin B12: 5.41µg (90.15%), Vitamin B6: 1.61mg (80.61%), Vitamin B3: 14.37mg (71.87%), Vitamin B2: 1.21mg (71.29%), Vitamin C: 58.25mg (70.61%), Phosphorus: 392.62mg (39.26%), Vitamin B1: 0.53mg (35.47%), Vitamin B5: 3.42mg (34.16%), Potassium: 1098.43mg (31.38%), Copper: 0.62mg (30.77%), Magnesium: 85.41mg (21.35%), Folate: 66.77µg (16.69%), Zinc: 1.95mg (13.01%), Iron: 2.05mg (11.39%), Fiber: 2.38g (9.53%), Calcium: 93.68mg (9.37%), Vitamin A: 178.07IU (3.56%), Vitamin K: 1.96µg (1.87%), Vitamin E: 0.21mg (1.39%)