



Maple-Miso Dijon Salmon



Gluten Free



Dairy Free



Very Healthy



Popular

READY IN



45 min.

SERVINGS



4

CALORIES



315 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon dijon mustard
- ☐ 1 clove garlic grated
- ☐ 2 tablespoon grainy mustard
- ☐ 0.3 cup maple syrup
- ☐ 1 tablespoon miso paste white
- ☐ 1 tablespoon rice vinegar
- ☐ 24 ounce salmon fillet
- ☐ 2 teaspoons soya sauce

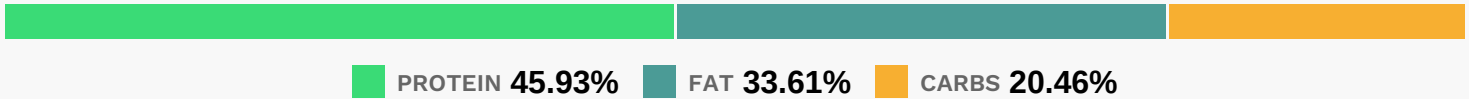
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Marinate the salmon in the mixture of the maple syrup, mustards, miso, vinegar, soy sauce and garlic for at least 30 minutes.
- ☐ Place the salmon on a baking dish and bake in a preheated 400F oven until the salmon just starts to flake easily, about 10 minutes.

Nutrition Facts



Properties

Glycemic Index:64.13, Glycemic Load:5.6, Inflammation Score:-4, Nutrition Score:26.506087018096%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 314.79kcal (15.74%), Fat: 11.43g (17.58%), Saturated Fat: 1.74g (10.88%), Carbohydrates: 15.65g (5.22%), Net Carbohydrates: 14.9g (5.42%), Sugar: 12.54g (13.94%), Cholesterol: 93.55mg (31.18%), Sodium: 526.72mg (22.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.13g (70.26%), Selenium: 66.36µg (94.8%), Vitamin B12: 5.41µg (90.21%), Vitamin B6: 1.42mg (71.15%), Vitamin B3: 13.61mg (68.06%), Vitamin B2: 0.92mg (54.39%), Phosphorus: 364.31mg (36.43%), Manganese: 0.6mg (30.16%), Vitamin B5: 2.89mg (28.94%), Vitamin B1: 0.43mg (28.43%), Potassium: 914mg (26.11%), Copper: 0.46mg (22.9%), Magnesium: 62.42mg (15.61%), Folate: 44.68µg (11.17%), Iron: 1.75mg (9.74%), Zinc: 1.43mg (9.55%), Calcium: 54.06mg (5.41%), Fiber: 0.75g (3.01%), Vitamin A: 79.79IU (1.6%), Vitamin K: 1.43µg (1.36%)