



Mustard-and-Soy-Glazed Salmon



Gluten Free



Dairy Free



Low Fod Map

READY IN



15 min.

SERVINGS



4

CALORIES



314 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons dijon mustard country-style
- ☐ 0.3 cup pepper jelly
- ☐ 0.3 teaspoon pepper
- ☐ 24 oz salmon fillet frozen thawed
- ☐ 0.3 cup soya sauce

Equipment

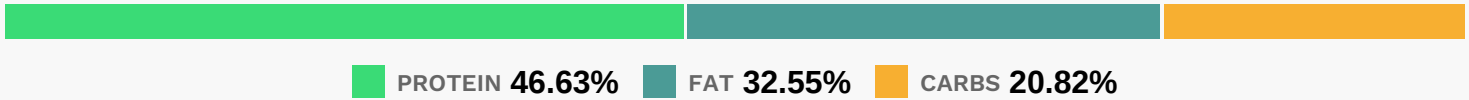
- ☐ baking sheet
- ☐ sauce pan

- ☐ oven
- ☐ wire rack
- ☐ aluminum foil

Directions

- ☐ Bring first 3 ingredients to a boil in a medium saucepan over medium heat; reduce heat to low, and simmer 5 minutes.
- ☐ Remove and reserve half of pepper jelly mixture.
- ☐ Place salmon fillets on a greased wire rack on an aluminum foil-lined baking sheet.
- ☐ Sprinkle fillets with pepper, and brush with remaining pepper jelly mixture.
- ☐ Broil fillets 5 inches from heat 8 to 10 minutes or to desired degree of doneness.
- ☐ Remove from oven, and brush with reserved pepper jelly mixture.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:33.5, Glycemic Load:8.07, Inflammation Score:-4, Nutrition Score:24.881739374088%

Nutrients (% of daily need)

Calories: 314.2kcal (15.71%), Fat: 11.07g (17.03%), Saturated Fat: 1.69g (10.58%), Carbohydrates: 15.93g (5.31%), Net Carbohydrates: 15.22g (5.54%), Sugar: 10.66g (11.84%), Cholesterol: 93.55mg (31.18%), Sodium: 974.14mg (42.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.68g (71.36%), Selenium: 65.18µg (93.12%), Vitamin B12: 5.41µg (90.15%), Vitamin B6: 1.43mg (71.51%), Vitamin B3: 13.99mg (69.97%), Vitamin B2: 0.69mg (40.57%), Phosphorus: 371.38mg (37.14%), Vitamin B5: 2.91mg (29.13%), Vitamin B1: 0.41mg (27.38%), Potassium: 893.49mg (25.53%), Copper: 0.47mg (23.66%), Magnesium: 59.79mg (14.95%), Folate: 48.02µg (12%), Iron: 1.94mg (10.79%), Zinc: 1.21mg (8.09%), Manganese: 0.16mg (7.76%), Calcium: 32.84mg (3.28%), Fiber: 0.7g (2.82%), Vitamin C: 1.9mg (2.3%), Vitamin A: 74.05IU (1.48%)