



HEALTH SCORE

63%

Mustard-Maple Salmon



Gluten Free



Dairy Free



Very Healthy



Low Fod Map

READY IN

**45 min.**

SERVINGS

**4**

CALORIES

**293 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon balsamic vinegar
- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 3 tablespoons dijon mustard
- ☐ 3 tablespoons maple syrup
- ☐ 24 ounce salmon fillet ()
- ☐ 0.3 teaspoon salt

Equipment

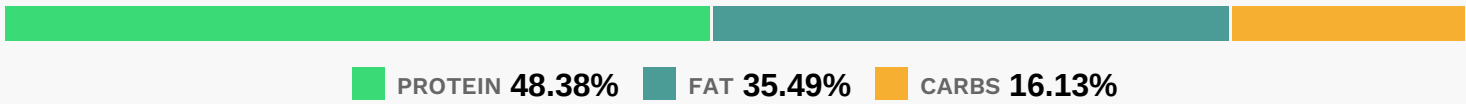
- ☐ grill

- ☐ broiler
- ☐ ziploc bags
- ☐ broiler pan

Directions

- ☐ Combine first 5 ingredients in a large zip-top plastic bag; add salmon. Seal and marinate in refrigerator 20 minutes.
- ☐ Prepare grill or broiler.
- ☐ Remove salmon from bag, reserving the marinade.
- ☐ Place salmon on a grill rack or broiler pan coated with cooking spray, and cook for 6 minutes on each side or until the fish flakes easily when tested with a fork; baste salmon occasionally with the reserved marinade.

Nutrition Facts



Properties

Glycemic Index:37.63, Glycemic Load:4.07, Inflammation Score:-4, Nutrition Score:25.352174212913%

Nutrients (% of daily need)

Calories: 292.58kcal (14.63%), Fat: 11.17g (17.18%), Saturated Fat: 1.7g (10.61%), Carbohydrates: 11.42g (3.81%), Net Carbohydrates: 10.92g (3.97%), Sugar: 9.75g (10.83%), Cholesterol: 93.55mg (31.18%), Sodium: 346.22mg (15.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.25g (68.5%), Selenium: 65.91µg (94.16%), Vitamin B12: 5.41µg (90.15%), Vitamin B6: 1.4mg (69.97%), Vitamin B3: 13.45mg (67.23%), Vitamin B2: 0.84mg (49.67%), Phosphorus: 353.2mg (35.32%), Vitamin B5: 2.87mg (28.65%), Vitamin B1: 0.42mg (27.71%), Potassium: 889.44mg (25.41%), Copper: 0.44mg (21.78%), Manganese: 0.43mg (21.64%), Magnesium: 58.47mg (14.62%), Folate: 43.32µg (10.83%), Iron: 1.59mg (8.85%), Zinc: 1.27mg (8.47%), Calcium: 45.3mg (4.53%), Fiber: 0.5g (2%), Vitamin A: 76.37IU (1.53%)