



 **55%**  
HEALTH SCORE

## Salmon Fillet with Soy Glaze

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



**30 min.**

SERVINGS



**6**

CALORIES



**257 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 cup soya sauce
- 0.3 cup maple syrup pure
- 2 lb salmon fillet with skin (1 1/2 inches thick)

### Equipment

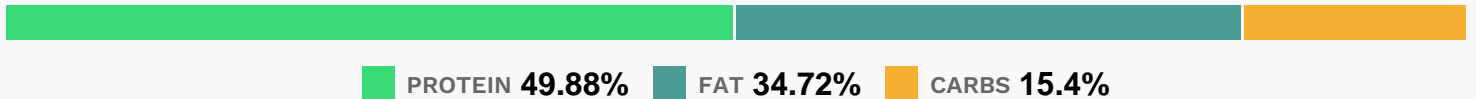
- bowl
- frying pan
- sauce pan
- oven

- aluminum foil
- broiler
- spatula
- broiler pan

## Directions

- Preheat oven to 450°F. Line bottom of a broiler pan with foil, then oil rack of pan.
- Boil soy sauce and maple syrup in a small saucepan over moderate heat until glaze is reduced to 1/3 cup, about 5 minutes.
- Arrange salmon, skin side down, on rack of broiler pan and pat dry. Reserve 1 1/2 tablespoons glaze in a small bowl for brushing after broiling.
- Brush salmon generously with some of remaining glaze.
- Let stand 5 minutes, then brush with more glaze.
- Roast salmon in middle of oven 10 minutes. Turn on broiler and brush salmon with glaze again, then broil 4 to 5 inches from heat until just cooked through, 3 to 5 minutes.
- Transfer salmon with 2 wide metal spatulas to a platter, then brush with reserved glaze using a clean brush.

## Nutrition Facts



## Properties

Glycemic Index:8.58, Glycemic Load:3.37, Inflammation Score:-3, Nutrition Score:22.298695515031%

## Nutrients (% of daily need)

Calories: 256.73kcal (12.84%), Fat: 9.6g (14.76%), Saturated Fat: 1.48g (9.28%), Carbohydrates: 9.58g (3.19%), Net Carbohydrates: 9.5g (3.45%), Sugar: 8.2g (9.12%), Cholesterol: 83.16mg (27.72%), Sodium: 607.71mg (26.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.01g (62.03%), Vitamin B12: 4.81µg (80.13%), Selenium: 55.26µg (78.95%), Vitamin B6: 1.26mg (62.81%), Vitamin B3: 12.28mg (61.38%), Vitamin B2: 0.76mg (44.68%), Phosphorus: 314.96mg (31.5%), Vitamin B5: 2.55mg (25.52%), Vitamin B1: 0.36mg (23.75%), Potassium: 791.55mg (22.62%), Copper: 0.39mg (19.55%), Manganese: 0.38mg (19.05%), Magnesium: 50.53mg (12.63%), Folate: 39.54µg (9.88%), Iron: 1.45mg (8.08%), Zinc: 1.1mg (7.35%), Calcium: 34.7mg (3.47%), Vitamin A: 60.48IU (1.21%)