



Salmon with Brown Sugar and Bourbon Glaze



Gluten Free



Low Fod Map

READY IN



20 min.

SERVINGS



4

CALORIES



496 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 tablespoons butter
- ☐ 0.5 cup brown sugar dark
- ☐ 24 ounce salmon steaks
- ☐ 0.3 cup bourbon whiskey

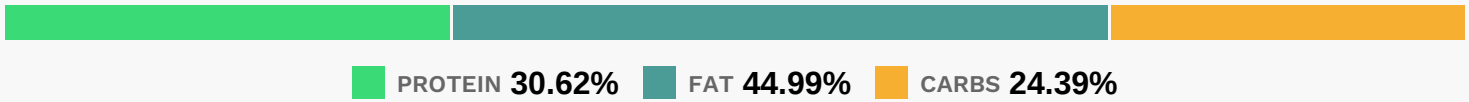
Equipment

- ☐ frying pan

Directions

- ☐ Melt butter in a large heavy skillet over medium heat. Stir in brown sugar.
- ☐ Place salmon fillets on top of brown sugar mixture. Cook for 5 minutes on medium heat. Turn salmon, and pour bourbon around the fillets. Continue cooking for 5 minutes, or until fish flakes easily with a fork. Spoon glaze over the salmon, and serve.

Nutrition Facts



Properties

Glycemic Index:16.25, Glycemic Load:0.01, Inflammation Score:-5, Nutrition Score:23.91043513495%

Nutrients (% of daily need)

Calories: 495.58kcal (24.78%), Fat: 22.14g (34.06%), Saturated Fat: 8.86g (55.4%), Carbohydrates: 27.01g (9%), Net Carbohydrates: 27.01g (9.82%), Sugar: 26.7g (29.67%), Cholesterol: 123.65mg (41.22%), Sodium: 172.56mg (7.5%), Alcohol: 7.08g (100%), Alcohol %: 3.88% (100%), Protein: 33.9g (67.8%), Vitamin B12: 5.43µg (90.55%), Selenium: 62.56µg (89.36%), Vitamin B6: 1.4mg (70.15%), Vitamin B3: 13.42mg (67.08%), Vitamin B2: 0.65mg (38.31%), Phosphorus: 345.24mg (34.52%), Vitamin B5: 2.88mg (28.82%), Vitamin B1: 0.39mg (25.78%), Potassium: 873.61mg (24.96%), Copper: 0.44mg (22.05%), Magnesium: 52.08mg (13.02%), Folate: 43.22µg (10.8%), Iron: 1.56mg (8.68%), Vitamin A: 417.9IU (8.36%), Zinc: 1.11mg (7.42%), Calcium: 46.6mg (4.66%), Manganese: 0.05mg (2.32%), Vitamin E: 0.32mg (2.17%)