



Salmon with Brown Sugar and Mustard Glaze

 **Gluten Free**

READY IN

ready

105 min.

SERVINGS

servings

8

CALORIES

calories

455 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter
- ☐ 0.3 cup dijon mustard
- ☐ 1 tablespoon ginger finely grated
- ☐ 1 tablespoon honey
- ☐ 3 tablespoons brown sugar light
- ☐ 2 tablespoons olive oil
- ☐ 8 fillet salmon
- ☐ 8 servings salt and pepper black freshly ground

- ☐ 2 tablespoons soya sauce
- ☐ 8 servings vegetable oil

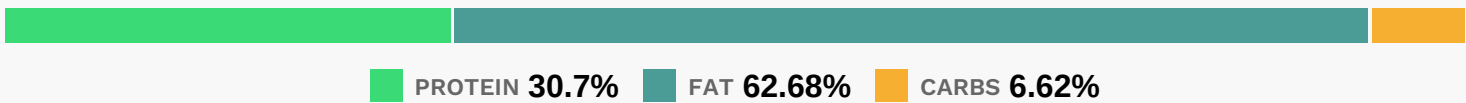
Equipment

- ☐ frying pan
- ☐ whisk
- ☐ grill

Directions

- ☐ Watch how to make this recipe.
- ☐ On the side burner, melt the brown sugar, honey and butter in a small saute pan over medium-high heat.
- ☐ Remove from the heat and whisk in the mustard, soy sauce, olive oil and ginger.
- ☐ Let cool.
- ☐ Preheat grill to medium heat.
- ☐ Brush salmon with vegetable oil and season with salt and pepper to taste.
- ☐ Place the salmon skin side down on the grill. Coat the flesh of the salmon fillets with the brown sugar mixture. Grill for 6 to 8 minutes to medium doneness, turning once after 5 to 6 minutes.

Nutrition Facts



Properties

Glycemic Index:24.53, Glycemic Load:1.22, Inflammation Score:-4, Nutrition Score:25.760000000181%

Nutrients (% of daily need)

Calories: 454.67kcal (22.73%), Fat: 31.39g (48.3%), Saturated Fat: 6.11g (38.18%), Carbohydrates: 7.46g (2.49%), Net Carbohydrates: 7.04g (2.56%), Sugar: 6.72g (7.47%), Cholesterol: 101.03mg (33.67%), Sodium: 435.84mg (18.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.6g (69.2%), Selenium: 64.85µg (92.65%), Vitamin B12: 5.41µg (90.2%), Vitamin B6: 1.41mg (70.46%), Vitamin B3: 13.6mg (68%), Vitamin B2: 0.66mg (38.86%), Phosphorus: 355.83mg (35.58%), Vitamin B5: 2.88mg (28.84%), Vitamin K: 28.38µg (27.03%), Vitamin B1: 0.4mg (26.8%),

Potassium: 867.4mg (24.78%), Copper: 0.44mg (22.16%), Magnesium: 55.91mg (13.98%), Vitamin E: 1.76mg (11.74%), Folate: 44.17µg (11.04%), Iron: 1.67mg (9.29%), Zinc: 1.17mg (7.81%), Manganese: 0.1mg (5.09%), Vitamin A: 161.54IU (3.23%), Calcium: 31.55mg (3.16%), Fiber: 0.42g (1.67%)