



Simple Honey-Glazed Salmon

 Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



2

CALORIES



174 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 oz salmon fillet cut into 2 pieces
- ☐ 1 teaspoon honey
- ☐ 1 teaspoon catsup

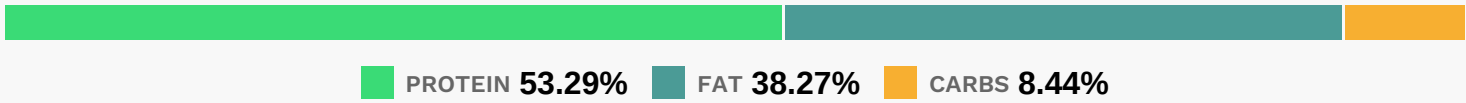
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Heat oven to 450°F. Line cookie sheet with foil; spray foil with cooking spray.
- ☐ Place salmon on foil.
- ☐ In small bowl, stir together honey and ketchup.
- ☐ Spread mixture over salmon.
- ☐ Bake 12 to 18 minutes or until thickest part of fish flakes easily with fork.

Nutrition Facts



Properties

Glycemic Index:26.14, Glycemic Load:1.5, Inflammation Score:-3, Nutrition Score:15.453043290616%

Flavonoids

Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 174.19kcal (8.71%), Fat: 7.19g (11.06%), Saturated Fat: 1.11g (6.95%), Carbohydrates: 3.57g (1.19%), Net Carbohydrates: 3.55g (1.29%), Sugar: 3.41g (3.78%), Cholesterol: 62.37mg (20.79%), Sodium: 72.71mg (3.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.53g (45.07%), Vitamin B12: 3.61µg (60.1%), Selenium: 41.44µg (59.19%), Vitamin B6: 0.93mg (46.62%), Vitamin B3: 8.95mg (44.77%), Vitamin B2: 0.44mg (25.67%), Phosphorus: 227.59mg (22.76%), Vitamin B5: 1.89mg (18.9%), Vitamin B1: 0.26mg (17.1%), Potassium: 564.5mg (16.13%), Copper: 0.29mg (14.34%), Magnesium: 33.28mg (8.32%), Folate: 28.64µg (7.16%), Iron: 0.93mg (5.17%), Zinc: 0.74mg (4.92%), Calcium: 14.19mg (1.42%), Manganese: 0.02mg (1.17%), Vitamin A: 58.18IU (1.16%)