



WHATSheATE



HEALTH SCORE

80%

Spiced Salmon with Mustard Sauce



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



250 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.1 teaspoon garlic powder
- ☐ 0.3 teaspoon ground pepper red
- ☐ 0.3 teaspoon ground turmeric
- ☐ 1 teaspoon honey
- ☐ 24 ounce salmon fillet
- ☐ 0.3 teaspoon salt
- ☐ 2 teaspoons whole-grain mustard

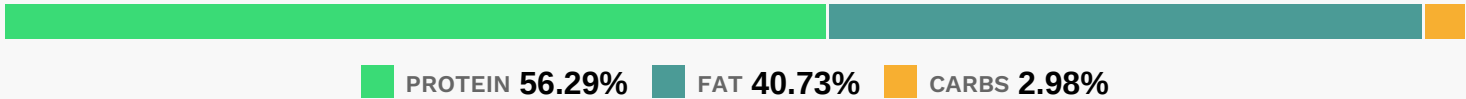
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ broiler

Directions

- ☐ Preheat broiler.
- ☐ Combine first 6 ingredients in a small bowl, stirring well with a fork. Rub mustard mixture evenly over each fillet.
- ☐ Place fillets, skin side down, on a jelly-roll pan coated with cooking spray. Broil 8 minutes or until fish flakes easily when tested with a fork or until desired degree of doneness.

Nutrition Facts



Properties

Glycemic Index:31.57, Glycemic Load:0.78, Inflammation Score:-8, Nutrition Score:23.381304209647%

Nutrients (% of daily need)

Calories: 249.53kcal (12.48%), Fat: 10.9g (16.77%), Saturated Fat: 1.68g (10.52%), Carbohydrates: 1.79g (0.6%), Net Carbohydrates: 1.61g (0.59%), Sugar: 1.49g (1.66%), Cholesterol: 93.55mg (31.18%), Sodium: 247.9mg (10.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.9g (67.8%), Vitamin B12: 5.41µg (90.15%), Selenium: 62.99µg (89.98%), Vitamin B6: 1.4mg (70.02%), Vitamin B3: 13.4mg (67.02%), Vitamin B2: 0.65mg (38.25%), Phosphorus: 344.05mg (34.41%), Vitamin B5: 2.84mg (28.4%), Vitamin B1: 0.39mg (26.01%), Potassium: 844.96mg (24.14%), Copper: 0.43mg (21.48%), Magnesium: 51.07mg (12.77%), Folate: 42.96µg (10.74%), Iron: 1.48mg (8.2%), Zinc: 1.12mg (7.47%), Manganese: 0.05mg (2.63%), Vitamin A: 121.83IU (2.44%), Calcium: 22.67mg (2.27%)