

Spicy Mustard Glazed Salmon

Serving Size: 1 fillet

Serves: 4

Ingredients

4 5-6 oz. salmon fillets
3 tablespoons Dijon mustard
1½ teaspoons rice vinegar
1 teaspoon hot sauce such as Sriracha
Salt (if desired) and pepper to taste

Directions

Preheat the oven broiler with the rack set 5-6 inches from the heat source. Line a baking sheet with parchment paper or foil and spray with non-stick cooking spray.

Place the salmon fillets, skin side down on the baking sheet. Stir together the mustard, vinegar, hot sauce, salt and pepper until well blended. Brush the fillets with the sauce.

Cook under the broiler until salmon is slightly browned and flakes easily, about 6-8 minutes.

Note: Try this recipe without adding salt. The sauce ingredients add salt to the dish. Our nutritional analysis was done without adding salt.

Exchanges per Serving

5 lean meats

Nutrients per Serving

Calories: 220
Calories from fat: 58
Total Fat: 6.4 g
Saturated Fat: 1.6 g
Cholesterol: 82 mg
Sodium: 381 mg
Carbohydrate: 0 g
Dietary Fiber: 0 g
Protein: 34 g