

Napa Valley Glazed Salmon Recipe



Makes: 4 Servings



Total Time: 30 minutes

Ingredients:

- ♥ 1.5 tablespoons honey
- ♥ 1 teaspoon dried thyme
- ♥ 2 teaspoons Dijon mustard
- ♥ 1 teaspoon finely grated lemon zest
- ♥ 1 teaspoon white pepper
- ♥ 1 ¼ pounds salmon, cut into 4 pieces

PREPARATION

1. Preheat oven to 350 degrees.
2. Combine the honey, thyme, mustard, lemon zest and pepper in a small bowl. Arrange the salmon, with the skin side down, in a shallow roasting pan lined with cooking foil. Using the back of the spoon, spread the honey mixture to coat the top of each fillet.
3. Bake, uncovered, for 20 minutes, or until the internal reaches 145 degrees and flesh is opaque and flakes with a fork.

Nutrition Facts			
Serving Size: 1 (5oz) piece salmon			
Servings: 1			
Amount Per Serving			
Calories	210	Calories from Fat 60	
		% Daily Value*	
Total Fat	6g		10%
Saturated Fat	1g		6%
Trans Fat	0g		
Cholesterol	65mg		22%
Sodium	170mg		7%
Total Carbohydrate	8g		3%
Dietary Fiber	0g		1%
Sugars	6g		
Protein	29g		
Vitamin A	4%	•	Vitamin C 2%
Calcium	2%	•	Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.			
		Calories	2,000 2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g



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