

# Spruce Tip Salmon

## Ingredients:

- 1/4 cup spruce tip syrup
- 1/4 cup whole spruce tips
- 9-ounces of salmon fillet
- 1 tablespoon black pepper, ground

## Directions

1. Preheat an oven to 300°F.
2. Bring salmon to room temperature.
3. Fill a pan with 1/4 full of water; set aside.
4. Place salmon atop of slotted pan. Season with pepper, syrup, and spruce tips.
5. Place slotted pan on top of the pan with water; place into oven.
6. Allow to cook for about 20 – 30 minutes. Salmon should be flaky and moist. Serve.

## Nutrition Facts

Serving Size 3-3oz. fillet salmon steaks (82g)  
Servings Per Container 3

Amount Per Serving

**Calories 170**      **Calories from Fat 60**

% Daily Value\*

**Total Fat 7g**      **11%**

Saturated Fat 2g      **10%**

Trans Fat 0g

**Cholesterol 30mg**      **10%**

**Sodium 30mg**      **1%**

**Total Carbohydrate 14g**      **5%**

Dietary Fiber 0g      **0%**

Sugars 13g

**Protein 13g**

Vitamin A 6%      • Vitamin C 4%

Calcium 2%      • Iron 2%

\*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
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

